

# **The Whippet Way: Sustaining Success**

## **Program Training – Part 2**

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**Core Philosophy – The 5 Quotes**



**Coaching Mindset**



**Daily Expectations for Athletes**



**8–11 Day Training Cycle**



**Long Run – Cornerstone**



**Short Tempo – “State Pace. Pressure. Mentality.”**



**Short Tempo – Execution**



**FE Run – “Flush. Adapt. Absorb.”**



**FE Run – Finisher & Summary**



**Long Tempo – “Controlled. Sustainable. Strong.”**



**Pace Intervals – “Race Rhythm & Turnover”**



**Pace Intervals – Workout Format**



**Key Takeaways**