

A Practice Routine

Music

How to structure a session so the hard parts actually improve.

Scales to structure a 45-minute session. Scale each block for shorter ones.

1

Warm up — 5 min

Slow, physical, no musical demands. Long notes or open strings.

2

Technique — 10 min

Scales, arpeggios, rudiments. One key or pattern per week.

3

The hard bars — 20 min

Two or three specific passages, slowly, in short loops.

4

Repertoire — 8 min

Play through, no stopping, note what broke.

5

Something for fun — 2 min

End on something you enjoy playing. It is why you come back.

FIXING ONE BAR

Play it at half speed, perfectly, five times

Raise by 5 bpm; if it fails, drop 10

Stop while it is still correct

Twenty minutes daily beats three hours on Sunday. Consolidation happens between sessions, not during them.