

DR. LOWE'S

PRESCRIBED PRACTICE WORKOUT SHEET

Make sure to stick to schedule by using a timer! Stretch arms/neck before you play!

50 minute Sessions

OPTION 1

- | | |
|---|-----------|
| • One minute meditation^ | 1 minute |
| • Music you enjoy | 4 minutes |
| • Drones with a tuner | 5 minutes |
| • Tonguing exercises | 1 minute |
| • Solo Repertoire* Play through (start to finish) | 4 minutes |

5 MINUTE BREAK

- | | |
|--|-----------|
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 5 minutes |
| • Solo Repertoire Chunking/Focused passage work | 3 minutes |
| • Ensemble repertoire focused passage work | 2 minutes |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 5 minutes |

5 MINUTE BREAK

- | | |
|---|-----------|
| • Solo Repertoire chunking/focused passage work | 5 minutes |
| • Etudes/Scales/Exercises/Excerpts (play through) | 5 minutes |

OPTION 2

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|---|-----------|
| • Ensemble repertoire/focused passage work | 5 minutes |
| • Etudes/Scales/Exercises/Excerpts (play through) | 5 minutes |
| • Solo Repertoire Chunking/focused passage work | 5 minutes |

5 MINUTE BREAK

- | | |
|--|-----------|
| • One minute meditation | 1 minute |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 5 minutes |
| • Solo Repertoire Chunking/Focused passage work | 3 minutes |
| • Ensemble repertoire focused passage work | 2 minutes |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 5 minutes |

5 MINUTE BREAK

- | | |
|--------------------------------|-----------|
| • Drones with a tuner | 5 minutes |
| • Tonguing exercises | 1 minute |
| • Solo Repertoire play through | 4 minutes |

OPTION 3

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|--|-----------|
| • Solo Repertoire play through | 6 minutes |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 4 minutes |
| • Solo Repertoire Chunking/focused passage work | 5 minutes |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 2 minutes |

3 MINUTE BREAK

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|---|-----------|
| • Ensemble repertoire focused passage work | 5 minutes |
| • Etudes/Scales/Exercises/Excerpts (play through) | 5 minutes |
| • Drones with a tuner | 5 minutes |

4 MINUTE BREAK

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|---|-----------|
| • One minute meditation | 1 minute |
| • Solo Repertoire chunking/focused passage work | 4 minutes |
| • Solo Repertoire play through | 6 minutes |

30 minute Sessions

OPTION 1

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|--|-----------|
| • One minute meditation | 1 minute |
| • Music you enjoy | 4 minutes |
| • Drones with a tuner | 3 minutes |
| • Tonguing | 1 minute |
| • Solo Repertoire* Play through (start to finish) | 6 minutes |
| 5 MINUTE BREAK | |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 5 minutes |
| • Solo Repertoire Chunking/Focused passage work | 3 minutes |

OPTION 2

- | | |
|--|-----------|
| • Ensemble repertoire focused passage work | 4 minutes |
| • Tonguing exercise | 1 minute |
| • Solo Repertoire* Play through (start to finish) | 6 minutes |
| 5 MINUTE BREAK | |
| • One minute meditation | 1 minute |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 3 minutes |
| • Solo Repertoire Chunking/Focused passage work | 3 minutes |
| • Ensemble repertoire focused passage work | 3 minutes |
| • Etudes/Scales/Exercises/Excerpts (play through) | 4 minutes |

15 minute Sessions

OPTION 1

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|--|-----------|
| • One minute meditation | 1 minute |
| • Solo Repertoire Chunking/Focused passage work | 3 minutes |
| • Ensemble repertoire focused passage work | 3 minutes |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 2 minutes |
| • Solo Repertoire* Play through (start to finish) | 6 minutes |

OPTION 2

- | | |
|--|-----------|
| • One minute meditation | 1 minute |
| • Ensemble repertoire focused passage work | 3 minutes |
| • Etudes/Scales/Exercises/Excerpts (play through) | 4 minutes |
| • Drones with a tuner | 1 minute |
| • Etudes/Scales/Exercises/Excerpts (chunking only) | 3 minutes |
| • Solo Repertoire Chunking/Focused passage work | 3 minutes |

**Solo repertoire timing may need to be adjusted to account for longer pieces than allocated on this sheet. Adjust other times as necessary to accommodate a run through of a movement/piece.*

^ One minute meditation = Sit in chair, relaxed, eyes closed and focus on breathing (set timer for one minute)-if thoughts pop up during this time, acknowledge them, and then say "back to breath" and breathe.