

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

- 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

- 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

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

4 MINUTE BREAK

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

30 minute Sessions

OPTION 1

- 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

- 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.