

7-Day Back-to-School Practice Boot Camp

Day 1 - 30 minutes

- 15 minutes long tones
- 15 minutes slow scales (40-60 BPM)

Day 2 - 45 minutes

- 15 minutes long tones
- 15 minutes slow scales (40-60 BPM)
- 15 minutes technical studies

Day 3 - 1 hour

- 15 minutes long tones
- 15 minutes medium scales (60-80 BPM)
- 15 minutes technical studies
- *15 minute break*
- 15 minutes études

Day 4 - 1 hour 15 minutes

- 15 minutes long tones
- 15 minutes medium scales (60-80 BPM)
- 15 minutes technical studies
- *15 minute break*
- 15 minutes études
- 15 minutes assigned repertoire

Day 5 - 1 hour 30 minutes

- 15 minutes long tones
- 15 minutes medium scales (60-80 BPM)
- 15 minutes technical studies
- *15 minute break*
- 15 minutes études
- 30 minutes assigned repertoire

Day 6 - 1 hour 45 minutes

- 15 minutes long tones
- 15 minutes medium scales (60-80 BPM)
- 15 minutes fast scales (80-120 BPM)
- *15 minute break*
- 15 minutes technical studies
- 15 minutes études
- 30 minutes assigned repertoire

Day 7 - 2 hours

- 15 minutes of long tones
- 15 minutes of fast scales (80-120 BPM)
- 15 minutes of technical studies
- *15 minute break*
- 45 minutes assigned repertoire
- *15 minute break*
- 30 minutes free choice