Couch to Cavallini Practice Plan

By Jenny Maclay

Week 1 - Rebuild the embouchure

Practice goal - 30 minutes

1. 10 minutes long tones
2. 10 minutes long tones
3. 10 minutes long tones; 10 minutes slow scales (40-60 BPM)
4. 10 minutes long tones; 10 minutes slow scales (40-60 BPM)
5. 10 minutes long tones; 10 minutes slow scales (40-60 BPM); 10 minutes articulation
6. 10 minutes long tones; 10 minutes slow scales (40-60 BPM); 10 minutes articulation
7. 10 minutes long tones; 10 minutes slow scales (40-60 BPM); 10 minutes articulation

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Week 2 - Retrain your fingers

Practice goal - 40 minutes

Practice the following each day:

- 10 minutes long tones
- 10 minutes medium scales (60-80 BPM)
- 10 minutes technical exercises
- 10 minutes articulation
- Bonus: 5-10 minutes free choice

Week 3 - Play some music!

Practice goal - 50 minutes

Practice the following each day:

- 10 minutes long tones
- 10 minutes fast scales (80-100 BPM)
- 10 minutes technical exercises
- 10 minutes articulation
- 10 minutes etudes
- Bonus: 5-10 minutes free choice

Week 4 - Put it all together

Practice goal - 60 minutes

Practice the following each day:

- 10 minutes long tones
- 10 minutes scales (at any tempo)
- 10 minutes technical exercises
- 30 minutes etudes and repertoire
- Bonus: 5-10 minutes free choice

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