

# Practice Schedule

Advanced

*Aim for 2.5 - 3 hours a day*

## **Warm Up**

Coordination Ex.  
Fretboard Knowledge Ex  
(One String Scales: Say & Play)

## **New Music**

New; bar by bar in 2 Bar sections

## **Study/Piece 3**

New complete and being slowly read & learnt.

## **Scales**

Speed Burst Practice  
or  
Improv based progressions

## **New Technique**

Slowly working a new technical challenge out

## **Study/Piece 1**

Almost Learnt; just needs spot practice

## **Arpeggios**

CAGED System  
or  
Improv based progressions

## **Study/Piece 2**

Well Known, just needs run through

## **Fun Stuff**

Exploring your other music or ideas  
through reading or aural or improv

33%

33%

33%

# Practice Schedule

*Aim for \_\_\_ hours a day*

33%

33%

33%