

If I have a 20 minute session in which to practice, here is a suggested break down of HOW my time should be divided. This is a sample only! Slight adjustments might need to be made for individuals.

Practice sessions Vs Minutes (time spent)		Session 1	Session 2	Session 3	Session 4	Session 5
3 minutes	Scales	Slowly for accuracy. Whole notes/Half notes Quarter at 60	Slightly speed up value Half notes/Quarter notes (at 60)	Maintain and solidify quarter notes (at 70)	Build All-State rhythm (at 70)	Solidify and speed up all- State rhythm (at 80)
3 minutes	Arpeggios	Work chunks Measure 3 slowly to downbeat of 4	Work chunks Measure 3 and 4 only as quarter notes, at 70-80	Work chunks Measure 2 slowly to downbeat of 3; review 3-4 (all at 70-80)	Play in entirety slowly As quarter notes at 80	Work on speeding up As quarter notes at 80- 100
3 minutes	Chromatic	Slowly for accuracy, up only. (notes 1-8, maybe 1-12) Half notes at quarter=60	Work slowly, top down. (notes 12-1) Half notes at quarter=60 Play through entire scale as quarter notes at 60.	Entire scale; up and down. Quarter notes at 60-70	Entire scale Quarter notes at 70-80	Entire scale Quarter notes at 80-90
5 minutes	Musical selection #1	Play through piece and mark the sections that you need to work on (where are mistakes happening?)	Work slowly on 1-2 of marked chunks. Write in your music things that will help you. This session is for notes and rhythms.	Work on any additional sections that need work. This is also for notes/rhythms. Play through previously worked chunks, focusing on articulations and expressive markings.	Try piecing together chunks into larger chunks. Should be with metronome for accuracy. If slowed down, begin speeding back up. Write mistake corrections in music!	Hit chunks individually; add music immediately before/after; do larger run through to see if your practice has paid off. Dynamics and expression markings should be happening!
5 minutes	Musical selection #2	Play through piece and mark the sections that you need to work on (where are mistakes happening?)	Work slowly on 1-2 of marked sections. Write in your music things that will help you. This session is for notes and rhythms.	Work on any additional sections that need work. This is also for notes/rhythms. Play through previously worked chunks, focusing on articulations and expressive markings.	Try piecing together chunks into larger chunks. Should be with metronome for accuracy. If slowed down, begin speeding back up. Write mistake corrections in music!	Hit chunks individually; add music immediately before/after; do larger run through to see if your practice has paid off. Dynamics and expression markings should be happening!