

Training Plan Cover Sheet

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Set your daily/weekly/monthly training intentions and outcomes. Utilize diverse, flexible, varied approaches. Customize plan according to learning phase, project phase, biological energy cycles

TRAINING INTENTIONS/OUTCOMES. Create a training plan that keeps you:

Engaged	
Motivated	
Growing: Skill/Artistic Development, etc.	
Exploring/Discovering	
Realizing Success: reaching micro/macro goals	
Other:	

TRAINING PLANS: utilize diverse, flexible, varied approaches; discover what works best for you/journal and note; create and explore varied types of plans.

Week-in-advance plan	Alternating time increments (5, 10, 15 min. etc. blocks of time)
Day-in-advance plan	Alternating order of training elements
Day-of plan	Intentional horizontal planning
No plan: unstructured	Intentional vertical planning
Time-based plan	Rotating practice boxes
Topic-based plan	
Outcome-based plan	
Fundamental days	
Repertoire days	
Days off	
Score study/listening days	

AFFIRMATIONS: include affirming statements (first person, present tense) that you would like to focus on this week/month:

GOALS: include micro/macro goals would like to focus on and achieve this week/month:

SUGGESTED TOPICS: Review/select topics you'd like to incorporate in your training plan then carry them over: Breathing Vibrato Intonation Tone Color Grounding Dynamics Flexibility Finger Proximity/Touch Technical Runs TVF book Articulation Lyrical passages Ensemble Music Scales/finger technique Body Alignment Choreography Memory Holding Patterns/Habits Practice Breaks/Rest Rotating Practice Boxes Unstructured Practice Time Score Study Repertoire: Draft/review/run/polish Listening Circle Triangle Assessment Video recording _____ _____ _____ _____ _____ _____ _____ _____ _____ _____