

Key: **M** Motivation **G** Grant work **NS** New skill **MS** Maintain skill **B** Break **E** Explore **ED** Endurance
F Fun **C** Creative **RS** Review skill **D** Draft **R** Review **P** Polish **R** Run **O** Outcome based
 NAME: _____ WEEK: _____

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| 20 Random N.4 10 TVF Tone 10 Articulation 10 Solivel Green 10 Solivel Score Study BREAK 20 Tone pink 20 Solivel ark 10 Videos Record 10 Improvise. BREAK 15 Scales J=120 15 Excerpts 30 Unstructured BREAK 30 Score Study • LISTEN 3:30 | 30 W. UP "A" Record 10 Solivel Runs 10 TVF - Fun 10 TVF - Tone color BREAK 15 Excerpts Run 15 Scales Mt=160 30 Solivel P.1-4 Draft BREAK 60 • New Music • Sight Read • Run through Staff 10 Review Recording 3:10 | 30 W. UP "A" Record 15 Scales/ App. 15 Solivel Runs BREAK 10 Tone pink 10 Artic. Green 10 Mendelssohn 10 Leonore 10 Video Excerpts 10 Watch video BREAK 30 Solivel 1-4 Draft 10 Solivel 7 Draft 10 Solivel 6 Draft 10 Random BREAK 30 Score Study • LISTEN 20 Review Recording 3:50 | 15 Random Mu 10 Scales J=160 10 W-up "B" 10 Leonore 15 Solivel Runs BREAK 60 UNSINE hour • ASSESS • Video Read • Run Excerpts • Run scales BREAK 30 Solivel P.5-end Draft 30 Solivel P.1-4 Review BREAK 30 Score Study • LISTEN 3:30 | 15 W. up "B" 10 New Music 10 Scales All ax 10 Score Study 15 Artic. Green BREAK 10 Score Study 10 Arpeggios All 10 Tone pink 30 Solivel P.1-4 3x Run BREAK 30 Solivel P.5-7 Review 30 Unstructured BREAK 3 | 60 Unstructured • Repertoire • Topics • Assessment BREAK 15 Solivel P.1 Polish 15 Articulation Green 15 Solivel P.2 Polish 15 Solivel P.3 Polish BREAK 15 Solivel P.1-3 Run 3x No stopping 45 Random work BREAK 3 19.1/2 |
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NOTES ON BEST PRACTICES:

Solivel = 5 hrs; 50 min.
 Scales/ App: 1hr; 5 min
 Video + Listening: 1hr
 Unstructured = 4 hrs; 45 min
 Warm up A: 1hr
 Excerpts = 45 min
 Warm up B: 45 min
 Excerpts / Rep Articulation Green: 50 min
 Random Warm up: 35
 Excerpts / Rep Tone Pink: 50 min
 Score Study: 2 hrs