

## Core Practice Session

### *weekly breakdown*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Easy Mouthpiece Buzzing</b>	<b>Easy Mouthpiece Buzzing</b>	<b>Easy Mouthpiece Buzzing</b>	<b>Easy Mouthpiece Buzzing</b>	<b>Easy Mouthpiece Buzzing</b>	<b>Easy Mouthpiece Buzzing</b>	<b>Easy Mouthpiece Buzzing</b>
<b>Re-warm-up</b>	<b>Re-warm-up</b>	<b>Re-warm-up</b>	<b>Re-warm-up</b>	<b>Re-warm-up</b>	<b>Re-warm-up</b>	<b>Re-warm-up</b>
Air Flow Study	Air Flow Study	Air Flow Study	Air Flow Study	Fundamentals	Air Flow Study	Intonation Exercises
Scales	Technical Etude	Intonation Exercises	Scales	Air Flow Study	Lyrical Etude	Air Flow Study
Fundamentals	Scales	Multiple Tonguing	Lyrical Etude	Band/Orchestra Music	Multiple Tonguing	Technical Etude
Technical Etude	Intonation Exercises	Lyrical Etude	Band/Orchestra Music	Listen to Recordings	Scales	Fundamentals
Lyrical Etude	Fundamentals	Scales	Listen to Recordings	Multiple Tonguing	Technical Etude	Band/Orchestra Music
Multiple Tonguing	Multiple Tonguing	Technical Etude	Intonation Exercises	Intonation Exercises	Fundamentals	Listen to Recordings
Band/Orchestra Music	Band/Orchestra Music	Fundamentals	Technical Etude	Scales	Intonation Exercises	Scales
Listen to Recordings	Lyrical Etude	Listen to Recordings	Multiple Tonguing	Lyrical Etude	Band/Orchestra Music	Lyrical Etude
Intonation Exercises	Listen to Recordings	Band/Orchestra Music	Fundamentals	Technical Etude	Listen to Recordings	Multiple Tonguing
<b>Warm-down</b>	<b>Warm-down</b>	<b>Warm-down</b>	<b>Warm-down</b>	<b>Warm-down</b>	<b>Warm-down</b>	<b>Warm-down</b>

- Feel free to adjust the events in the schedule, as you would like. Variety in your practice keeps it fresh and new. Entries in bold are events which happen each day at the same point in the practice routine. Other entries are varied by day and time to add variety, although all areas are still covered each day.
- Make sure to spend time in the areas that you need the most work. Different skills are harder for different students, so the schedule doesn't specify how long to spend on each skill. Evaluate your playing honestly, and focus more time on whatever you need more work on.
- Prior in the day you should have already gone through your morning *warm-up* and *daily maintenance* session, which thoroughly prepares you for the day's events. As you begin your core practice session later that day or evening, your warm-up session is now referred to as a "re-warm-up," and need only consist of 5-7 minutes of long tones and lip flexibilities. *If the daily maintenance session was not completed earlier in the day, a full warm-up of 20-25 minutes, followed by 30-60 minutes of rest, should precede the practice session.*
- Typical high school *audition material*, including solo and ensemble material should be practiced 30-60 minutes a day. All-State or other advanced material should be practiced 60 minutes daily or longer. To keep audition music from becoming stale from over-practice, don't practice it alone, but incorporate it into a balanced practice session. Your private teacher can assign exercises that reinforce skills used in the audition material.
- Your private teacher will typically select most of the material included in these sessions. If you don't have a private teacher, you can use this as a guide for designing your own practice sessions for your students.