

Weekly Guitar Practice Routine Template PDF

+ Free BONUS

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WEEKLY MUSIC PRACTICE PLANNER



METRONOME SPEEDS	PLAYING GOALS FOCUS AREAS
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MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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- BONUS -

Practice Tools

Practice tools are items designed to make your practice sessions more effective and productive. Have the following tools to hand everytime you practice:

- This daily practice planner
- Metronome
- Timer
- Device to play back songs / backing jam tracks & to record progress clips on
- Notepad and pen to make notes

Practice Variables

It can get boring practicing the same old things everytime you pick up your guitar. Change it up. Add variations in and always set playing goals to avoid aimless noodling.

Here are the best variations to apply to your practice routine to maximise your gains.

Tempo - use a metronome **always**. Start slow and gradually increase speed, always working on maintaining rock solid timing. Try 3 speeds: Slow (60bpm approx), moderate (85bpm approx), fast (120bpm approx). Adjust the moderate and fast speeds according to your ability level.

Duration - turn a 5 minute warm up into 15 minutes when you have more time to practice.

No of reps - change up how many loops and repetitions you play of each section.

Rhythm - experiment playing different timing sub-divisions such as quarter notes, eighth notes, sixteenth notes and triplets.

Music theory - try saying the notes and intervals out loud when playing scales, say chord names out loud, learn the notes on the fretboard, apply ear training etc.

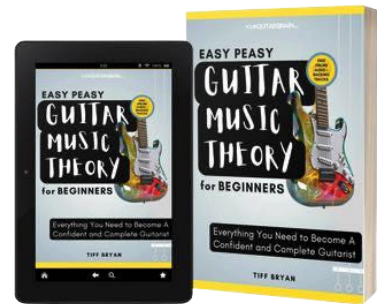
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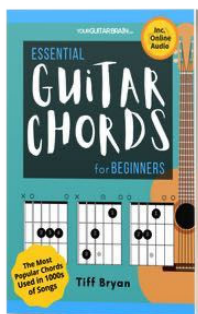
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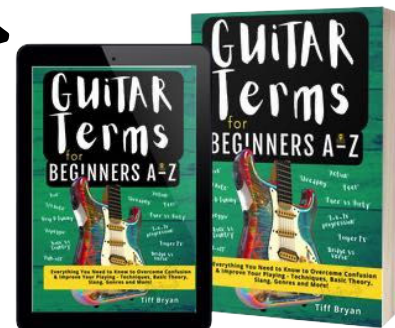
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