

# Daily Practice Routine

For musicians

Warmup: 10-15 minutes



First, get your hands moving. This includes the most basic left-hand, right-hand actions and could include any of the following:

**Open strings** with long tones or rhythms.

**String crossings** on open strings.

**Bow strokes** on open strings

**Slow left-hand** exploration in one position

**Vibrato and shifting** exercises (pick your favorite sevcik!)

**Slow pattern exercises**, like 1st position scales, or 3rds/4ths/5ths/6ths

**Exploratory double stops** in a very slow tempo, building note by note (again, pick your favorite Sevcik!

**Warm up in front of a mirror** to check in on your left-hand/right-hand technique and posture

Check out the  
Warmup sheet here:

[www.SetoViola.com/FreeResources](http://www.SetoViola.com/FreeResources)

Scales & Etudes: 30-60 minutes



Practice slowly with a drone before other rhythms.

Aim to always be improving intonation on your scales - this is not an assignment to be completed, but rather a journey on your growth and musicianship.

Repertoire: 60 minutes minimum



**Drone and metronome practice:** Choose 2-4 bar passages from a variety of sections throughout the piece you are working on to hone in on intonation and rhythm.

**Sound practice:** Choose 2-4 bar passages hone in on bow strokes/legato/dynamics/style. Record yourself and listen back to make sure everything is working the way you want. You are practicing to make these passages sound the way you want them to sound.

**Put passages together:** Take individual passages you have been practicing and start piecing them together. As you piece them together make sure that you keep the intonation/rhythm/sound/style that you previously worked on. You might have to go back and fix some things before the fun part.

**Play through Practice:** Finally you get to play through everything you have been working on! There should be a noticeable difference from when you played through on previous days because you spent so much time honing in on making the piece sound better. It might not be perfect yet, but that's alright, this is a journey and tomorrow is another day that could be spent honing and chiseling the music so that it sounds the way you want it to.

