Practice Routine

How to practice scales: slow most of the time, then faster to check your work.

1. Slow practice

♩ = 40–60

Spend 90% of your practice time here. Each rhythm fills one metronome click.

Quarters		Ascending / descending
Eighths		Repeated notes, then ascending / descending
Triplets		Repeated notes, then ascending / descending
Sixteenths		Repeated notes, then ascending / descending
Sextuplets		Repeated notes, then ascending / descending

2. Express practice

♩ = 80–92

Use it to find weak spots, then fix them in slow practice.

Half notes		Ascending / descending
Quarters		Ascending / descending
Eighths		Ascending / descending
Triplets		Ascending / descending

Play each twice: starting with a downstroke ⊓, then with an upstroke ∨

3. Need for Speed!

Push the tempo to see how well your technique and fluidity hold up.

© 2026 · Free for personal use. Please don't sell or republish.