Become a "Piano Superhuman"
Complete Training Plan Overview

1. Review Yesterday's Reflection
2. Implement 6-Step Goal Setting Process
3. Identify "most needed" Sections
4. Plan "Accelerated Learning" Strategies

Beginners
- Miyagi Technique
- 5 Finger Drill
- Basic Scales
- "The Finger Gauntlet"

Advanced
- 4 Octave Scales
- Arpeggios
- Broken Chords
- Full Chords
- Octave Runs

Theory Lessons
- Theory Exercises
- Theory Quizzes

Practice Block 1: 5-15 Mins
- Accelerated Learning Strategy 1
- Accelerated Learning Strategy 2
- Accelerated Learning Strategy 3

Practice Block 2: 5-15 Mins
- Accelerated Learning Strategy 1
- Accelerated Learning Strategy 2
- Accelerated Learning Strategy 3

Practice Block 3: 5-15 Mins
- Accelerated Learning Strategy 1
- Accelerated Learning Strategy 2
- Accelerated Learning Strategy 3

"Scaffolded" Sight Reading Material
- 3-Step Sight Reading Process

Ear Training Lessons
- Ear Training Exercises
- Ear Training Quizzes

Cool Down: 1-5 Mins
- "Whatever Needs Work"
- Relaxes the Mind
- Previous Technique Practice

Reflection: 1-5 Mins
- Journal on Focus Level
- What Sections Need Work?
- Review Successes of Practice Session

Efficiency
Mental
Physical
Emotional
Physical