

Intermediate guitar practice

A 45-minute session, a short-day option and a weekly rotation.

The balanced 45-minute session

Time	Block	Drill / target
0-5	Warm-up	Slow spider or chromatic pattern; comfortable, clean notes.
5-15	Rhythm and chords	Funk 16ths: eight bars at 60 BPM with clear accents; or chord changes without gaps.
15-23	Fretboard and ear	Move a melody to three positions and name notes; or sing before playing.
23-35	Technique focus	One drill for the week; record a clean, repeatable tempo.
35-45	Repertoire	One song section; aim for two passes without restarting.

Your week / rotate the focus

Day	Focus	Adjustment
Monday	Rhythm	Emphasize funk accents and both-hands muting.
Tuesday	Technique	Use this week's drill and log clean BPM.
Wednesday	Fretboard and ear	Move a melody; use singing in place of technique.
Thursday	Technique	Repeat Tuesday; increase only if the same task was clean.
Friday	Control	Vibrato, bends, subdivisions, then improvisation.
Saturday	Repertoire	Replace drills with one song; record a complete pass.
Sunday	Rest and review	Review tempos and listen back for five minutes.

Only 20 minutes?

3 minutes warm-up + 7 technique + 5 rhythm or fretboard + 5 repertoire.

These are sample drills, not required tempos. Swap in exercises that address your weak spots. Keep the same task and subdivision when comparing BPM. Take breaks as needed; stop if playing hurts. Detailed drills and pass marks are in the online guide.

Weekly practice log

Record what happened, then choose one next step. Print a fresh copy each week.

Week beginning: _____ Main priority: _____

Date / routine	Minutes	Exercise / result	Next step

One improvement I can demonstrate

One recurring difficulty

Next week's priority and first exercise

Compare the same exercise, tempo subdivision and success criterion. Paper notes are not automatically imported into Riff Quest.