

## Sample Practice Schedule **Beginning-Intermediate**

### Week 1

Six Notes  
Lips Mouthpiece Horn

### Week 2

Six Notes  
Lips Mouthpiece Horn  
Intervals: 2nds, Pedal F#, Chromatic Scale

### Week 3

Six Notes  
Lips Mouthpiece Horn  
Intervals: 3rds, Pedal F#, Chromatic Scale  
Low register: Chromatics down

### Week 4

Six Notes  
Lips Mouthpiece Horn  
Intervals: 4ths, Pedal F#, Chromatic Scale  
Low register: Chromatics down  
Harmonic Series

### Week 5

Six Notes  
Lips Mouthpiece Horn  
Intervals: 5ths, Pedal F#, Chromatic Scale  
Low register: Chromatics down  
Harmonic Series

### Week 6

Six Notes  
Lips Mouthpiece Horn  
Intervals: 6ths, Pedal F#, Chromatic Scale  
Low register: Chromatics down  
Harmonic Series  
Noodles down, slurred, starting from third-space "C" and from middle "G," no variations

### Week 7

Six Notes  
Lips Mouthpiece Horn  
Intervals: 7ths, Pedal F#, Chromatic Scale  
Low register: Chromatics down  
Harmonic Series  
Noodles down starting from third-space "C" and from middle "G," no variations

Spider in quarter notes

Week 8

Six Notes

Lips Mouthpiece Horn

Intervals: octaves, ascending chromatically (C, C#, D, etc), Pedal F#, Chromatic Scale

Low register: Arpeggios down

Harmonic Series

Noodles down starting from third-space "C" and from middle "G," standard and variation 1

Spider in quarter and eighth notes

Week 9

Six Notes

Lips Mouthpiece Horn

Choose any interval that you'd like to do. You may consider starting on low G or low C if your high register has developed well. If you need more help with the high register, start on middle G.

Low register: Arpeggios down or chromatics down

Harmonic Series

Noodles down, starting from third-space "C" and from middle "G," standard or variation 1, or both. You may also consider starting the noodle on middle "E"

Spider in quarter and eighth notes