

# A Practical Guitar Practice Planner – How to Practice Smart & Make Real Progress

*A structured guide to help you practice smarter, not just play more.*

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## How to use this Practice Planner?

Each practice session is divided into:

1. **Warm-up and Scales** – Prepare your fingers and mind
2. **Chords and Musical Shapes** – Harmony and fretboard awareness
3. **Technique** – Precision, control and coordination
4. **Reflection** – Awareness and goal setting

Choose a time duration that fits your schedule. Remember *consistency matters more than the length*.

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## Practice Planners

### 15-Minutes Practice Session:

*Ideal for busy days – consistency over intensity*

Time	Focus	What to Practice
0 – 5 mins.	Warm-up and Scales	Slow scale practice with a metronome. Focus on clean notes and finger placement.
5 – 10 mins.	Chords	Practice chord shapes and smooth transitions.
10 – 15 mins.	Connection	Simple licks, arpeggios or transitions between scales and chords.

**Goal:** Maintain daily consistency and finger discipline.

## 30-Minutes Practice Session:

*Balanced and focused*

Time	Focus	What to Practice
0 – 5 mins.	Warm-up	Chromatic exercises or slow scales with metronome.
5 – 20 mins.	Scales and Chords	Scales in one key, chord shapes and transitions.
20 – 25 mins.	Technique	Bends, slides, alternate picking or rhythm control.
25 – 30 mins.	Song Section	Apply what you practiced to a riff or part of the song.

**Goal:** Skill development with musical application.

## 45-Minutes Practice Session:

*Ideal for steady progress*

Time	Focus	What to Practice
0 – 5 mins.	Warm-up	Scales and finger coordination drills.
5 – 20 mins.	Scales and Technique	Multiple scale positions, speed control and accuracy.
20 – 30 mins.	Chords and Theory	New chord shapes, progressions, basic theory understanding.
30 – 40 mins.	Song / Repertoire	Work on a song or challenging section.
40 – 45 mins.	Review	Slow play through and mental recap.

**Goal:** Combine technical growth with musical understanding.

## 60-Minutes Practice Session:

*Complete and well-rounded practice*

Time	Focus	What to Practice
0 – 10 mins.	Warm-up and Scales	Scales across the neck and metronome control.
10 – 20 mins.	Chords and Theory	Chord inversions, progressions and harmony.
20 – 30 mins.	Technique	Picking techniques, bends and legato, rhythm accuracy.
30 – 45 mins.	Song / Repertoire	Full songs or performance-level sections
45 – 55 mins.	Improvisation	Jam with backing tracks, playing by ear and melodic exploration.
55 – 60 mins.	Reflection	Note improvements and set goals for next session

**Goal:** Long term musical development and performance confidence.

## Practice Tips for Students

1. Always use a **metronome**.
2. Practice **slowly and accurately** before increasing speed.
3. Write down what you practiced.
4. Focus on **quality over quantity**.
5. Short daily practice beats long irregular sessions

## Remember

*Progress comes from focused practice and not just time spent with the guitar.*

Happy Practicing.

This practice system is taught step-by-step with personal guidance at Ajay Varma Guitar Academy.

<https://ajayrajanvarma.com/guitar-academy>