



Creating an Effective Practice Plan

You will see loads of improvements in your voice if you practice 3-5 per week or even once a week if you were doing nothing previously.

Here is a sample practice plan for you to look at & a template that you can use to fill in your practice.

Sample Practice Plan 15 - 60 mins

- **5 mins - Journal**

Record your practice schedule plus thoughts on how your body is feeling before & after the practice session so you can keep an eye on any changes or progress in your voice. Use your Vocal Journal template.

- **5 mins - Focus & Relax**

Check Posture / stretches (see Singers Stretches hand out) / Silent Giggle check in

- **5 mins - Sirens**

Do 3 x & focus on any spots that need massaging

- **10 mins - Vocal Warm Up**

Mirens (you can also do vocal exercises like Humming, Lip trills, Vocalise vowel sounds through scales if you want to but Mirening is the number one go to)

- **10 mins - Genre specific song practice/performance**

It's a good idea to have a song that you are working on to be able to apply your techniques to or practice songs that you want to polish for an upcoming performance. Video yourself & watch back to give yourself some perspective on the performance. Let other people that you trust watch and give constructive criticism.

- **5 mins - Cool down**

If you feel like you have had a vocal workout & you've sung a lot, it is a good idea to do a vocal warm down. You can do this by simply reversing your Sirens (from high to low notes) or trills/humming repeating with a more softer & gentler delivery than your warm up so you can return your voice to a speaking level.



Practice Plan

Date:

Goals for practice:

5 mins - Journal - how is your body & voice feeling? Write in your Vocal Journal or below:

5 mins - Focus & Relax

Check Posture / Stretches (see Singers Stretches hand out)

Areas holding tension? Jot it down

1.

2.

3.

5 mins - Sirens

Do 3 x & jot any notes/observations about your voice

1.

2.

3.

10 mins - Vocal Warm Up

Miren through the songs you are working on 3 times each

Notes about warm up:

10-30 mins - Genre specific song practice/performance

Notes about song study/performance polish

Song(s):

Notes/Thoughts:

5 mins - Cool down