

# Swift Guitar Lessons

## Beginner Practice Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WARMUP: 10 mins</b> ▶ Spider Walk ▶ Major Scale ▶ Pentatonic Scale							
<b>REPERTOIRE: 45 mins</b> Choose three tunes from the "First Repertoire" songbook. I recommend: ▶ "Hound Dog" ▶ "Stand By Me" ▶ "You Ain't Goin' Nowhere"							
<b>Music Theory: 15 mins</b> ▶ Easy Music Theory Lesson							
<b>Compostion: 20 mins</b> Flex your creative muscle, create an original progression, riff, and work toward a complete tune.							



The above schedule outlines my suggestions for a complete week of practice. To make real progress on the guitar, students must aim to spend at minimum 1.5 hours a day on their instruments. Developing your own practice style is a crucial step in any form of learning. Take time to consider what techniques and approaches work best for you. Additional resources including notes and videos are provided.