

Piano Time Sports

If you're fighting fit after book 1, then it's time to turn the training up a gear! Athletes increase the level of their training over time to maintain and improve stamina, and practising technical exercises on the piano works in exactly the same way. If your hands get in the habit of having a thorough workout, you'll get your muscles in peak condition and develop your skills so that you'll be able to play the pieces you want. Your new fitness programme starts here!

There are 10 sessions, each focusing on a particular technical point. Each session contains:

- **Warm ups:** first, a very simple workout of a bar or two for repetition, so that you can concentrate on the technique rather than the notes. Try hands separately and together. Try them in different keys and in different octaves on the piano. Try playing them with different dynamics. 'Coach's tip' helps you get the best out of these. Second, a warm up, also based on the technique, for the piece on the opposite page.
- **Midweek training:** a short, simple piece practising the new technique.
- **Fitness level:** a more extended piece, also based on the technique, and designed to show off your new-found skill!

Contents

		page	
Session 1	<i>Broken chords</i>		4
Session 2	<i>Chromatics</i>		6
Session 3	<i>Travelling fingers</i>		8
Session 4	<i>Repeated (staccato) sixths</i>		10
Session 5	<i>Pedal</i>		12
Session 6	<i>Independence of hands</i>		14
Session 7	<i>Octaves</i>		16
Session 8	<i>Finger dexterity</i>		18
Session 9	<i>Preparation for turns</i>		20
Session 10	<i>Developing scales</i>		22

