

„How to practice more effectively like a Pro“



This checklist schedule is designed for daily practice of approximately **5 hours** for intermediate and advanced pianists (without breaks time).

1. Technique – 1.5 hours:

- Practice "Chopin keys" – right and left hands separately, each hand for about 5-10 minutes (more about in the course „Finger Technique in 3 Months“).
- Hanon exercises – 3 exercises in all keys per day (plan which exercises come next), focusing on horizontal movement – 20 minutes total.

OR • Scales/Arpeggios practice – 2 keys in all variations (like waves): Depending on your level, practice 2/3/4 octave scales/arpeggios in parallel or contrary motion (20 minutes).

Break: 5-10 minutes

- Czerny Etudes in various techniques – practice for the remaining time (ensure all Czerny etudes are played without using hand weight).

Break: 45 – 60 minutes – yoga, gymnastics, jogging, or dancing.



2. Program Pieces Practice – 2 hours:

- Fast piece/fragment – 30 minutes.
- Slow, cantabile piece/fragment – 30 minutes.

Break: 15 minutes – stretch your back and shoulder muscles.

- Fast piece/fragment – 30 minutes.
- Slow, cantabile piece/fragment – 30 minutes.

Break: 45 minutes till 2 hours – yoga, gymnastics, jogging, or dancing.





3. Sight-Reading – 30 minutes:

Before playing, check:

1. What is the home key?
2. Which harmonies and cadences can you recognize in the accompaniment?
3. How long are the phrases in the melody?
4. What rhythm is mainly used?

Break: 15 minutes – stretch your back and shoulder muscles.

4. New Piece Practice – 1 hour:

Use the checklist "5 Necessary Steps for Learning a New Piece."

Thanks to this schedule, I can practice more effectively in 5 hours than most pianists do in 10!

My students also use this checklist and enjoy their fast progress.

My name is Elena Nesterenko. I'm a mentor for performers and artists, a concert pianist, a Steinway Artist, and a piano teacher. I've played over 700 concerts, recorded 7 CDs, and more than 200 students have attended my Weimar Intensive Piano Courses.





Think about:

- to use your energy during the practicing of the pieces
- to enjoy really the practicing, because it's important and long time of your life you spent on the piano and your joy is necessary for the rapid development in this profession
- to live healthy – eating more fresh fruits, salads, making sport, using natural products of self care bring you more energy

 **Join My 1-Week Course: "Proper Movements in Piano Playing" –**

Starting October 21st! 

Are you ready to transform your piano playing by mastering efficient and natural movements? My new, intensive 1-week course, "**Proper Movements in Piano Playing,**" will guide you through the techniques needed to enhance your playing with ease and precision.

<https://maestroacademy.art/en/proper-movements-in-piano-playing/>

What you'll learn:

- How to use optimal finger, hand, and arm movements for fluid and relaxed playing
- Strategies to prevent tension and injury while performing
- Tips for maintaining a natural, healthy posture at the piano
- Methods to tackle difficult passages using proper motion rather than excessive effort
- Ways to play faster and more expressively without strain



Course Details:

- **Duration:** 1 week, with 4 video moduls and 1 interactive online session
- **Personal Consultation:** At the end of the course, you'll receive a personal consultation to ensure you've mastered the material and can apply it in your playing.
- **Start Date:** October 21st

This course is a perfect opportunity to refine your technique and set the foundation for long-term improvement. Whether you're a beginner or an advanced pianist, you'll gain valuable insights into how to move at the piano with more freedom and expression.

💡 **Sign up now!** Spaces are limited, and my personal consultations will be tailored to your individual needs:

<https://maestroacademy.art/en/proper-movements-in-piano-playing/>

Your Elena Nesterenko

Practice with Joy!

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