



# Train The Core Fundamentals

## The Core Fundamentals Guitar Voyage (30 minutes/day)

This is THE daily training plan for you if you can only practice **20–30 minutes a day**, and you want to steadily improve (or keep sharp) your most important core foundational guitar + musicianship skills.

Do this plan once per day, in order. If you miss a day, just pick up where you left off—no guilt, no “catching up” needed.

### 1) Timing & Coordination — <https://guitarvoyage.com/lesson-category/time-feel/>

- a. Day 1 —16<sup>th</sup> note displacement Exercise 1 (exactly as explained in the lesson video)
- b. Day 2 —16<sup>th</sup> note displacement Ex 2
- c. Day 3— 16<sup>th</sup> note displacement Ex 3
- d. Day 4 —16<sup>th</sup> note displacement Ex 4
- e. Day 5 — Back to day 1 → Keep rotating through the 4 drills
- f. Do each drill for 3 minutes.
- g. **3 min**

### 2) Ear Training — <https://guitarvoyage.com/lesson-category/relative-pitch-intervals/>

- a. Start with the **ascending** ear training lesson series.
- b. Do **1 video a day** (more if you have time). Each video is about 3 minutes.
- c. Go through the videos **in order**, exactly as they're listed in the series.
- d. **= +/- 3 min**

### 3) Interval Recognition — <https://guitarvoyage.com/lesson-category/intervals/>

- a. Use/make flash cards that have **note names** on them. (As explained in the lesson video).
- b. Go through all cards practicing 3 intervals a day, ascending only, till that is mastered.
- c. **+/- 5 min**

### 4) Fretboard Fluency — <https://guitarvoyage.com/lesson-category/fretboard-mastery-program/>



- a. Go through **1-2 videos a day**. Skip what you already master. For example, if you know all the open string names, skip and move to the next video.
- b. Once you get to the **Never Ending Scale** lesson series, make THAT your daily drill.
  - i. Do the Never Ending Scale drill in **C every day** till you have your time down to about 1:30min.
  - ii. Then do the drill **in all 12 keys** (a different key each day, in the order as listed in the lesson series, circle of 4ths).
- c. You will notice you will get a lot faster every day. The Never Ending Scale drill may take you 15 minutes the first time, but within a week you will likely cut that time in half.
- d. **+/- 9 min**

## 5) Technique — <https://guitarvoyage.com/lesson-category/dexterity/>

- a. Practice the **24 finger combinations** to boost your dexterity
- b. Practice **6 per day**, about **1 minute each**:
  - i. Day 1: all patterns starting with 1 (pointy finger)
  - ii. Day 2: all patterns starting with 2 (middle finger)
  - iii. Day 3: all patterns starting with 3 (ring finger)
  - iv. Day 4: all patterns starting with 4 (pinky)
  - v. Day 5: repeat from day 1.
- c. **= 6 min**

**That's 26 minutes total.**

If you have extra time or motivation, add **4 more finger combinations...** or jump straight into soloing.

## 6) Improvisation — <https://guitarvoyage.com/lesson-category/improvisation/>

- a. Put on a song or backing track you enjoy and **solo for 4 minutes**.
- b. Over the days and weeks, you'll notice your soloing improving naturally because your timing, ear, fretboard, and technique are all rising together.
- c. If you can solo longer than 4 minutes, even better—this plan is simply built for the “only 30 minutes” lifestyle.
- d. **= 4 min**

**Why this works**



This training plan hits the most important core musicianship skills every day: **time feel, ear, interval understanding, fretboard command, and technique**—plus a small daily dose of real music-making (improvisation).

Eventually these fundamentals **become permanent**. Once they're truly internalized, you don't have to "practice" them anymore; they're reinforced automatically through everyday listening and playing.

Have fun! ☺

Vreny

