

Daily Triangle Routine

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This routine was conceived as a way to efficiently structure triangle playing into my daily practice sessions. The suggested tempo markings are based on common performance practice but may be adjusted to the player's liking.

Play each pattern for one minute. Practice with a metronome and a stopwatch. Repeat daily!

♩ = 120

p

♩ = 120

f

♩ = 140

pp

♩ = 152

mf

♩ = 152

p

♩ = 72

p

♩ = 70

mf

♩ = 70

p

♩ = 76

p

♩ = 80

ff