Short sessions work. Fifteen focused minutes free metronome metronomeworld.com with a metronome makes a real difference.

Minutes 0–3: warm up

Warm up slowly in eighths.

Minutes 3–7: technique

Use automatic tempo increases on one exercise.

Minutes 7–11: repertoire

Practise hard bars of a piece at 70 *metronome* percent tempo.

Timing test

Play with silent bars to check your time.

Minute 15: play for fun

Finish by playing something you love at its real tempo.