Short sessions work. Fifteen focused minutes **online metronome metronomeworld.com** with a metronome can transform *metronome* your timing.

Minutes 0–3: warm up

Play an easy pattern in eighth notes at about 70 BPM.

Technique block

Work on one scale or rudiment with a speed trainer.

Minutes 7–11: repertoire

Slow down the tricky sections.

Minutes 11–14: time check

Run the piece with a gap click to test your internal pulse.

Enjoy it

Finish by playing something you love at its real tempo.