

Exercise 4 – Metronome Coach

Purpose: Pushing your speed

Material: Timer, book, paper/document, pencil, metronome

Time	Action	Marks
2 min	<ul style="list-style-type: none"> - Start in new material. - Set metronome speed corresponding to WPM1. - Write down 1-3 sentences about what you just read, without looking. 	<u>Start:</u> E4 <u>End:</u> S1
2 min	<ul style="list-style-type: none"> - Start at E4. - Set metronome speed corresponding to 2*WPM1. - Add to summary if you can. 	<u>Start:</u> E4 <u>End:</u> S2
2 min	<ul style="list-style-type: none"> - Start at E4. - 3*WPM1. - Add to summary if you can. 	<u>Start:</u> E4 <u>End:</u> S3
2 min	<ul style="list-style-type: none"> - Start at E4. - 4*WPM1. - Add to summary if you can. 	<u>Start:</u> E4 <u>End:</u> S4
2 min	<ul style="list-style-type: none"> - New material. - 1.5WPM1. - Write down 1-3 sentences about what you just read, without looking. 	<u>Start:</u> S4 <u>End:</u> S5