Techniques: - Indexes

- Views

1) Establish a baseline with which to compare the optimised database

- run common queries/operations

- Note execution time for each (from Workbench/SQL)

2) Optimise the database by creating appropriate indexes and views

3) Re-run the scripts from 1) and note the new times

4) Compare with the baseline to determine the % improvement

Note where the improvement is: in a database that mostly does Read operations, improvements to Write operations isn't very useful.