

Guitar Fretboard Training Guide

WEEK 1: FRETBOARD MAPPING & NOTE ID

Focus	Daily Time	Exercises
Note recognition	10 min	Pick random frets, name notes out loud.
String patterns	10 min	Run E → E octave jumps, 5th fret shifts, B string adjustment drills.
Open strings	5 min	Burn E A D G B e into memory.
Anchor notes	5 min	Memorize E & A string roots (3rd, 5th, 7th, 12th frets).

WEEK 2: INTERVALS & TRIADS

Focus	Daily Time	Exercises
Intervals	10 min	Learn M3, m3, P5, Octave across strings.
Triads	10 min	Build C major, G major, A minor in at least two positions.
Application	10 min	Play progressions and call out chord tones.

WEEK 3: SCALE SHAPES & CONNECTIONS

Focus	Daily Time	Exercises
Scale shapes	15 min	Major & minor pentatonic across neck.
Connecting positions	10 min	Slide between A minor pentatonic 5th → 8th fret.
Root targeting	10 min	Solo landing on root notes.

WEEK 4: APPLYING THEORY TO REAL SONGS

Focus	Daily Time	Exercises
Song analysis	15 min	Pick a song. Identify key, chord tones, scales.
Fretboard mapping drills	10 min	Play progressions in 3 neck areas.
Improvisation	10 min	Solo over song using mapped scales.

WEEKLY ADD-ONS

Use a metronome. Always. Record yourself weekly. Jam once a week purely for fun.