

Pro ballet secrets to practising consistently, *without burning out*

Your macrocycle – *block out the occasions to dance your best this year, and the recovery time you'll need to make that happen. Schedule it now so it's automatic later.*

If there aren't external milestones that suit you, make your own!

- Create your own summer intensive by booking private lessons, doing a week-long dance conditioning challenge, and watching dance movies.
- Work towards a solo that you perform for family or friends in your living room.
- Film yourself performing an enchaînement, and set a goal to re-film and celebrate your improvements in a year.

Peak Performance Times

Write out any performances, exams, special classes, or intensives you want to feel fresh for.

Unloading weeks

1-2 weeks before your peak performance event, replace your usual strength and skills routine with gentle body care, relaxation, or extra sleep.

Mini Breaks and Vacations

Take long weekends and longer vacations to refresh, re-energize, and replenish your whole self. Check out inspiredmotion.ca/5-ways-to-take-a-break-and-come-back-stronger/ for ideas.

What skills make you light up when you think about working to achieve them?

- | | |
|--|--|
| <input type="checkbox"/> pirouettes | <input type="checkbox"/> returning to full class following injury or illness |
| <input type="checkbox"/> graceful adagio | <input type="checkbox"/> modifying class so you can keep participating just as you are |
| <input type="checkbox"/> pointework | <input type="checkbox"/> _____ |
| <input type="checkbox"/> learning repertoire | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

Pick ONE to focus on!

My big dance goal is: _____

Your mesocycles – break your big goal into stepping stones

Example: I want to do clean double pirouettes, so I'll work on supporting leg balance, turnout in retire, smooth relevé and landing, coordinating my arms and legs in the preparation, and spotting.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

*Focus on each stepping stone for a period of **6-8 weeks**. Schedule them around your peak performance events, unloading weeks, and vacations.*

Your microcycles – *fitting it all in week by week*

Your weekly plan will change throughout the year depending on what's going on in your life, and how much time and energy you have. Come back to these prompts weekly, or whenever you move onto to new mesocycle/stepping stone to decide what fits as you move into each week.

How can your goals and stepping stones fit into your life?

- ☐ ballet class _____ time(s) per week
- ☐ 15 minute conditioning video _____ time(s) per week
- ☐ choosing your warm up and cool down based on the stepping stone you're working on
- ☐ sneaking your conditioning into activities you're already doing (single leg balance while the kettle's boiling, head and neck massage while you wash your hair...)
- ☐ 1 minute movement breaks at your desk to sprinkle seated port de bras, calf raises, or hip flexor mobilization into your day – set a daily alarm so it happens automatically
- ☐ using vacation time to attend a ballet intensive
- ☐ creating your own intensive with private lessons, dance conditioning series, and ballet movies!
- ☐ _____
- ☐ _____

None of us can perform at 100% all the time – *prioritize what matters most to YOU.*

Use this checklist to make sure your training plan fits with the big picture of your dream dance life. Adjust as needed now, and in the year to come.

- ☐ having regular “you time” to de-stress and unwind
- ☐ community connection
- ☐ accessible, adaptive, or COVID-conscious activities
- ☐ exploring and expanding your creative expression

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- ☐ engaging deeply in a dedicated and passionate practice
- ☐ ballet exams or performance opportunities

What else?

- ☐ _____
- ☐ _____

Need more help?

- Keep an eye on the newsletter for classes and workshops that break down the skills and stepping stones you need to dance your best.
- Book a free call to dive deep into your goals, and how private lessons can get you there. inspiredmotion.ca/private-ballet-lessons