Bowed strings make timing problems obvious: late bow changes and shifts are instantly noticeable.

Long tones

Play one whole bow over four beats at 60 BPM, then eight beats, keeping the sound even.

Clean shifts

Aim to land each shift on the beat, rather than late.

Building speed in études

Raise the tempo a metronome few BPM every eight bars for détaché and spiccato studies.

Before rehearsal

Practise parts at *metronome* the conductor's likely tempo with a gap click so you can hold time on your own.