

# *Training at Home*

PLANNING GUIDE



*The Ballet Blog*

# Introduction

Over the last few weeks, millions of people's lives have been turned upside down due to the global COVID-19 outbreak. Valuable measures are being implemented in many countries to help contain the outbreak, so even if you are not infected, your life is probably be looking and feeling very different at the moment. While many people are loving the chance to be at home, many dancers and dance teachers are missing their studios desperately. Dance is and will always be an important outlet for us, and being unable to participate in our regular classes can be really tough.

However, it does not have to be all doom and gloom. Try choosing to use this time as a wonderful opportunity to really get to know your body, to focus on improving so much technically and to learn more about the art and science of dance so that when you do return to regular classes your "time off" has been a blessing rather than a curse.

We have collected together some of our most popular areas of focus and exercises that can easily be done at home, as well as some helpful ideas on how to analyse your technique, make goals and chart your progress. Many of these are drawn from our **online courses** and our **Level One Teacher Training Workshop**; however at this point in time I wanted to give something special to the dance community.

As a general rule, we recommend that for every 5 hours of dancing you are doing regularly you do at least 30 mins of additional cardio, 30 mins of self release/massage/mobilisation work, and at least an hour of focussed dance conditioning/dance physio type exercises, focussing on the areas that need attention. You can most certainly do more than this, especially when you are working in a confined space, and it is often a great time to brush up on your repertoire of supplementary exercises.

Make sure to keep in touch with your regular teachers and share your progress with them, as well as incorporating all of their suggestions into your daily program.

Make sure to tag us in @theballetblogofficial #trainingathome so that we can keep in touch!

Warmest Regards, Lisa and the Team at The Ballet Blog.

## Planning Your Week

The first thing to think about is how much time you have to commit to your training and where you are going to place it in your day. Whether you are off dance due to injury or by being on home isolation, we recommend aiming for at least half the hours that you are normally at the studio. This also helps give some structure to your life, which can help a lot.

Use the chart below to map out any time commitments you have during the week, including school work, academic study, employment, family time and meals. Then note down the times that you intend to work on your training.

Date:							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							

# Self-Assessment and Goals Planning

Before getting started on creating your home program, it is a good idea to take some specific photos and videos of yourself and your technique so that you can be very specific about what you need to focus on. A great place to start is by getting a friend or family member to film you doing a set of simple, technical basics based on your style of dance. I recommend saving these to a special folder on your phone, so you can reference them when it is time to reassess your progress.

Exercise:	Notes:
Photo - Standing in First	
Photo - 5th Position (Right Front)	
Photo - 5th Position (Left Front)	
Video - Demi Plié	
Video - Grande Plié	
Video - Tendu en Croix (Right)	
Video - Tendu en Croix (Left)	
Video - Retiré Passé (Right)	
Video - Retiré Passé (Left)	
Video - Développé Devant (Right)	
Video - Développé Devant (Left)	
Video - Développé a la Seconde (R)	
Video - Développé a la Seconde (L)	
Video - Arabesque (Right)	
Video - Arabesque (Left)	
Slow Mo - Single Pirouette (Right)	
Slow Mo - Single Pirouette (Left)	
Slow Mo - Sauté (Facing Front)	
Slow Mo - Changement (Facing Side)	



Carefully analyse your technique, looking specifically for:

- Twisting of the toes
- Rolling in of the feet
- The articulation of the feet
- Any clawing of the toes
- Standing leg turnout control
- The alignment of the legs and pelvis
- The control of the pelvis through movement
- The placement and control of the spine

General Notes

Goal #1

Goal #2

Goal #3

## Creating a Program

When you are not dancing, either at all or in a limited capacity, it is vitally important that you maintain the mobility, strength and endurance in all other parts of your body with a carefully structured daily program. If you have access to a Pilates studio or Gymnasium with lots of equipment, this is wonderful; however many dancers have limited resources when it comes to this kind of equipment at home.

The following is a chart to help map out a daily program for a full time dancer or elite dance student. It may be modified depending on your level of dance and the particular needs that you have. All dancers' bodies are different. We all have different strengths, weaknesses, and things that tighten up when we stop. For example, if you know that mobility into second splits is your challenge, you may want to make it a focus to maintain and even improve this particular range while training at home, rather than let it tighten up even more than normal. If you have issues with a particular ongoing injury, this is an ideal time to rehab it for good.

Please also note that different people like doing different exercises at different points in the day. For example, some people like to do cardio work in the mornings while others like it in the afternoon. Where you place each section in the day is purely a personal preference.

On the following sheets, note down any exercises you know for each section. Then check off which days you do each exercise, but you do not need to do every exercise every day! Tracking your progress helps you keep track of how much you are actually doing. If you are stuck for ideas on any section check out our wide range of online video courses available at:

<https://www.theballetblog.com/product-category/downloadable-products/>

We also have hundreds of free articles and videos on [www.theballetblog.com](http://www.theballetblog.com) and multiple playlists on my YouTube Channel:

<https://www.youtube.com/user/lisahowell2/playlists>

Fill out a chart for each two week period, and use the notes section to reflect on your progress before planning the next set of exercises. Re-film your basic technique at regular periods to assess your progress, aiming for beautiful, fluid, articulate and controlled movement.

**Date:**

**Goals for this two week period:**

Cardiovascular Exercise	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Notes

Warm Up & Dynamic Mobilisers	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Notes

Class Work	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Notes
Floor Barre															
Standing Barre															
Port de Bras															
Adagio															
Petit Allegro															
Pirouettes															
Grande Allegro															
Pointe Work															

Specific Conditioning	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Notes

Deeper Mobility Work	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Notes

Notes

## Summary

While we all hope to get back to our normal lives as soon as possible, we also hope that you actually come to enjoy your work on your body while training at home. There is so much a dancer can do to enhance their training outside of the studio, and we hope this period of self-analysis and self-management has helped you learn more about your body.

Make sure to re-film your basic technique at regular intervals, ideally every 2 weeks after your focussed program, to assess how effective your training has been. Make sure to keep us posted about your progress by tagging us on social media @theballetblogofficial using #trainingathome and make sure to follow all our channels for regular updates and tips of how to keep your body in top shape for your return to class!



All of these programs are available online at [www.theballetblog.com/shop](http://www.theballetblog.com/shop) However, if you prefer the hard copy books, these are available on [amazon.com](http://amazon.com).

