

# VOCAL TRAINING AND WARMING - UP ROUTINES IN CLASSICAL SINGING

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## Introduction:

The purpose of the study was to map classical singers' routines for voice training and physical and mental preparations before performance. An additional issue was to detect if such routines appear to diverge between singers with short and with long careers.

## Method:

Ninetyfour professional classical singers from Norway, Sweden and USA served as informants. The informants represented all *Voice Fachs*: Sopranos: 46; Mezzos /Altos: 18; Tenors:10; Baritones/basses: 20. They all have careers as opera- and concert soloists. They answered a standardized questionnaire, where they assessed estimated duration of their daily routines for voice training, physical training and mental exercise, especially on days they were performing.

The results were based on mean assessed daily voice training; mean results of how many informants that carry out physical training and mental exercises.

## Results:

Mean results for all informants: Voice training : 37,5 min.; Physical training: 72%; Mental training: 69%.  
Mean results for informants with 1 – 15 years of professional careers: Voice training: 35,3 min.; Physical training: 64 %. Mental training: 95 %.  
Mean results for informants with 15 - 50 years of professional careers: Voice training: 32,1 min.; Physical training: 75 %; Mental training: 50 %.

## Conclusions:

Younger performers seem to spend slightly more time on daily voice training than older colleagues. Younger performers seem to practice mental training before performance more frequently than older colleagues do. Further results will be discussed during the presentation.