Bowed strings make timing problems obvious: a late bow change or a shift after the ***metronome*** beat stand out immediately.

Bow control

Hold each ***metronome*** note for four clicks with a full bow, then eight beats, keeping the sound even.

Clean shifts

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

Études

Use a speed trainer adding 3 BPM every eight bars for fast bowing studies.

Before rehearsal

Practise parts at the conductor's likely tempo with a gap click to strengthen your inner pulse.