The right practice tempo is the one you can play perfectly. That is usually slower than you think.

Begin well below target

If a piece is marked 120 BPM, begin near 80 BPM. Accurate slow work pays off.

Use the three-times rule

Raise the tempo after three clean run-throughs, by a *online metronome* small step.

Overshoot a little

Being able to play 5–10 percent above the target tempo gives you a safety margin.

Check by genre

Typical tempos range from 60–80 BPM ballads to 120–130 BPM dance tracks.