Music Theory and Ear Training Resources (all of them are free)

https://www.teoria.com/index.php - teoría is a well-rounded resource for tutorials and training. If you create an account, you can save your scores from lessons to track your growth over time and help identify where you can improve. The ear training is wonderful – you can eliminate the intervals you're good at recognizing and focus on the areas where you need help! Their tutorials cover all of basic music theory into intermediate, including Neapolitan Chords, tritone substitutions, secondary dominance, and other harmonic functions. It also provides measure-by-measure harmonic analysis of music that you can listen to while you read about it.

http://www.daveconservatoire.org/ - This is a free Khan Academy-style website with over 100 video lessons and exercise to test your knowledge.

http://openmusictheory.com/ - While not as fancy a site as most other examples, it provides clear, detailed information with examples you can listen to and opportunities for practice.

https://www.musictheory.net/ - Much like teoría, musictheory.net offers lessons and exercise in both theory and ear training. Some of their ear training exercises include chord and interval recognition and scale recognition! It also covers from basic music theory up to Neapolitan Chords, but lacks resources on secondary dominance.

https://www.youtube.com/playlist?list=PL9LXrs9vCXK56qtyK4qcqwHrbf0em_81r - This is a music theory course offered by Yale. Each lecture is about an hour long and is perfect for someone who misses being in a classroom and is in beginning levels of theory.

https://www.blanksheetmusic.net/ - This is a source for free, printable staff paper.