

# Progressive Practice Schedule 4-Week Progressive Timed Practice Schedule

Build Speed Without Sacrificing Quality

<b>Week 1–2: UNTIMED QUALITY FOCUS</b>	40–45 minutes
<ul style="list-style-type: none"><li>• Write 3–4 Issue essays (untimed or relaxed timing)</li><li>• Focus: Quality over speed (clarity, development, organization)</li><li>• Track: Actual time required for planning + writing + revision</li></ul>	
<b>Checklist</b> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	
<b>Tracking (time taken, biggest issues noticed)</b>	

<b>Week 3: GENTLE COMPRESSION</b>	35-minute limit
<ul style="list-style-type: none"><li>• Write 3–4 Issue essays with a 35-minute cap</li><li>• Focus: Introduce time awareness (keep quality standards)</li><li>• Track: What gets compressed (planning, examples, revision)</li></ul>	
<b>Checklist</b> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	
<b>Tracking (what was shortened, what stayed strong)</b>	

<b>Week 4A: FULL SIMULATION</b>	Strict 30 minutes
<ul style="list-style-type: none"><li>• Write 4–5 Issue essays under full test conditions</li><li>• Focus: 30-minute pacing + clean structure</li><li>• Track: What suffers under pressure (logic, examples, language, errors)</li></ul>	
<b>Checklist</b> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	
<b>Tracking (what degraded under time pressure)</b>	

---

---

---

# Progressive Practice Schedule 4-Week Progressive Timed Practice Schedule

Build Speed Without Sacrificing Quality

<b>Week 4B: TARGETED IMPROVEMENT</b>	Pattern fixes
<ul style="list-style-type: none"> <li>• Pick 2–3 weak areas revealed in simulations</li> <li>• Practice targeted drills (planning speed, example selection, transitions, sentence clarity)</li> <li>• Re-write 1–2 paragraphs or full essays focusing on ONE improvement goal at a time</li> </ul>	
<p><b>Checklist</b></p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	
<p><b>Tracking (weak area → fix → result)</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	

<b>Progress Tracker (Quick Summary)</b>				
My best essay score estimate (self/coach): _____   Biggest strength: _____				
Most common weakness under time: _____				
Date	Time Limit	Planning	Writing	Revision
___/___/___	45 / 35 / 30	min ____	min ____	min ____
___/___/___	45 / 35 / 30	min ____	min ____	min ____
___/___/___	45 / 35 / 30	min ____	min ____	min ____
___/___/___	45 / 35 / 30	min ____	min ____	min ____
___/___/___	45 / 35 / 30	min ____	min ____	min ____
___/___/___	45 / 35 / 30	min ____	min ____	min ____
<p><i>Tip: Keep planning time protected—speed comes from structure and familiarity, not rushing.</i></p>				