



10-DAY 40 WPM TYPING CHALLENGE™

Get to exam-safe typing speed in 10 days

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10 days**

First Edition - 2024

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INTRODUCTION

Goal:

By the end of Day 10, you should be able to type at **40 words per minute (WPM)** with **90–95% accuracy** – enough for timed online writing / scholarship tasks.

Free tools we'll use:

Typing.com – structured lessons + practice tests

Keybr.com – smart practice that targets your weak keys

Monkeytype.com – clean speed tests with custom time (start with 30–60s)

(Any similar free sites are fine, but these three are a great combo.)

HOW THE CHALLENGE WORKS

Time per day: ~20 minutes

Structure:

- **5–7 mins** = Technique drills (Typing.com / Keybr – form and accuracy)
- **5–7 mins** = Speed bursts (Monkeytype speed tests)
- **5 mins** = Copy real text (your own writing / short article)

Rule:

Accuracy first, speed second. Don't chase speed if accuracy drops below 90%.

DAY 1 – BASELINE & FIX BAD HABITS

1. Baseline test 5 mins

Go to Monkeytype (or similar) → set to 1 minute.
Type normally to see your natural WPM & accuracy.
Write it down.

2. Technique check 5–7 mins

Go to Typing.com → start at Beginner / Home Row or do a placement test.

Focus on:

- 3. both hands on keyboard
- 4. fingers on home row (ASDF / JKL;)
- 5. eyes on screen, not keyboard.

6. Copy a paragraph 5 mins

Take a short paragraph from a book/website.
Type it slowly and perfectly (no rush).
Aim for 95–100% accuracy.



Goal:

- Know your baseline WPM (probably 15–30).

- Fix any obvious bad habits (2-finger typing, eyes on keyboard).

DAY 2 – HOME ROW AUTOMATIC

1. **Typing.com – Home Row** 5–7 mins

Practise home row only (ASDF JKL;) drills.

Don't worry about speed; nail accuracy and finger placement.

2. **Keybr.com – Custom letters** 5–7 mins

Use Keybr with default settings – it will generate words from random letters based on your mistakes.

Keep going until your accuracy $\geq 90\%$.

3. **Speed test** 3–5 mins

Monkeytype → 1-minute test.

Aim: +5 WPM above Day 1, even if only for one run.

DAY 3 – FULL ALPHABET + BASIC PUNCTUATION

1. **Typing.com – Top Row + Bottom Row** 5–7 mins

Work through top row (QWERTY...) and bottom row (ZXCV...) lessons.

2. **Keybr – Keep going** 5–7 mins

Focus on smoothness.

If one key keeps causing mistakes, slow down and exaggerate correct movement.

3. **Speed test + copy** 5–7 mins

Monkeytype 1-min test.

Then copy one paragraph from your own homework / a story.



Target by Day 3:

25–30 WPM, 90%+ accuracy.

DAY 4 – BUILDING CONSISTENT SPEED

1. Warm-up drill 5 mins

Keybr for 5 minutes, focusing on smooth, error-free flow.

2. Speed bursts 10 mins

Do 3× 1-minute tests on Monkeytype.

Rest ~30s between each.

Focus:

- 3. Run 1 – maximum accuracy
- 4. Run 2 – push speed slightly
- 5. Run 3 – combine speed + accuracy

6. Real text 5 mins

Copy a paragraph from a news article / non-fiction text – more punctuation and tricky words.



Target by Day 4:

Hitting 30+ WPM on at least one run with $\leq 10\%$ errors.

DAY 5 – EXAM-STYLE COPY

1. **Typing.com – Intermediate lessons** 5–7 mins

Do one or two intermediate lessons (words + punctuation).

2. **5-minute copy challenge** 10 mins

Copy out a full exam-style paragraph (e.g. a sample persuasive intro).

Try not to stop; correct mistakes as you go.

This trains stamina + flow, not just bursts.

3. **Quick speed test** 3 mins

Monkeytype 1 minute.

Log your best WPM.



Halfway check:

If you're 30–35 WPM with ~90% accuracy, you're on track.

DAY 6 – ACCURACY UNDER PRESSURE

1. Accuracy first 7 mins

Keybr 7 minutes, focusing on no mistakes: aim for 95–97% accuracy, even if WPM drops.

2. Mixed tests 10 mins

Monkeytype:

- 3. 1× 30-second test
- 4. 1× 1-minute test
- 5. 1× 2-minute test

Longer test = exam realism.

6. Mini-reflection 3 mins

Ask: "Where do I choke?"

- 7. Random words?
- 8. Numbers?
- 9. Punctuation?

Note it in your tracking sheet.

DAY 7 – PRACTICE WITH REAL WRITING

1. Warm-up 5 mins

Typing.com or Keybr.

2. Live writing 10 mins

Pick a simple question (e.g. "Describe a time you felt proud").

Type a full paragraph directly into a document for 10 minutes.

Focus on ideas AND typing – this is closer to exam use.

3. Speed test 5 mins

Monkeytype 1-minute test.

Aim to match or beat your best WPM so far.



Target by Day 7:

35+ WPM on at least one run, accuracy \geq 90%.

DAY 8 – PUSH TOWARDS 40 WPM

1. High-focus Keybr 5–7 mins

5–7 minutes, focusing on the keys you regularly miss.
Don't look at the keyboard.

2. Speed ladder 10–12 mins

Monkeytype:

- 3. 2× 1-minute tests
- 4. 1× 2-minute test

Try to keep each run within 5 WPM of each other
(consistency).

5. Copy exam text 3–5 mins

Copy out a model Band 6 paragraph from your writing
program – builds "exam muscle memory".

DAY 9 – FULL "EXAM" SIMULATION

1. Stamina run 10 mins

Set Monkeytype (or any site) to 5-minute test.
This simulates typing a full short-answer or exam paragraph.

2. Recovery & accuracy 5 mins

Short break.
Then 5 minutes on Keybr with accuracy focus.

3. Short free-write 5 mins

Type freely about your day / a story – no test, just flow.

Target by Day 9:

38–40 WPM on the 1-minute test, with 90–95% accuracy.

DAY 10 – FINAL TEST & MAINTENANCE PLAN

1. Final benchmark 10 mins

Do 3× 1-minute Monkeytype tests.

Record your best WPM & accuracy – this is your Day 10 result.

2. Reflection 5 mins

What helped most?

When did you feel fastest?

Which keys still trip you up?

3. Maintenance plan 5 mins

Pick one:

- 4. 5 minutes of Keybr + 1× 1-minute test every day, OR
- 5. 10 minutes of live typing practice every second day.

You don't have to keep 20 minutes/day – just light maintenance so the speed stays.

TYPING CHALLENGE TRACKING SHEET

Name: _____ **Goal:** 40 WPM @ 90–95%

Start date: ____ / ____ / ____

Day	Site / Drill	Time (mins)	Best WPM	Accuracy %	Notes
1	Monkeytype baseline + Typing.com				
2	Typing.com home row + Keybr				
3	Top/bottom row + Monkeytype				
4	Keybr + speed bursts				
5	Typing.com + 5-min copy				
6	Accuracy drills + mixed tests				
7	Live writing + test				
8	High-focus drills + speed ladder				
9	5-min test + free write				
10	Final 3 tests + reflection				

WHAT "EXAM-SAFE" FEELS LIKE

By the end of this challenge, you want to be able to:

- Hit **40+ WPM** on at least one 1-minute test
- Sit at **35+ WPM** during longer 3–5 minute tests
- Keep accuracy above **90%** (no crazy typo explosions)
- Type a full exam paragraph without feeling like your hands are lagging behind your brain

At that point, typing stops being the bottleneck.

Your brain can focus on ideas – exactly what you want for Selective / Scholarship online writing.

**That's how the 10-Day 40 WPM Typing Challenge™ delivers on its promise:
10 days of short, focused drills → exam-safe
typing speed.**