

IELTS Speaking 7-Day Practice Plan

Seven days of recordings, review and targeted improvement - no memorised scripts

FREE PRINTABLE RESOURCE

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How the plan works

Every day produces spoken evidence. Keep the timing honest, save each recording with the date and change only one main variable at a time. Improvement speed varies, so the goal is a repeatable feedback loop rather than a guaranteed band jump.

What you need

- A phone or computer that records clearly.
- Unfamiliar Part 1, Part 2 and Part 3 questions.
- The printable score sheet and public Speaking band descriptors.
- 20-45 minutes per day plus one full mock at the end.

Day 1 - Baseline mock

- Record all three parts continuously with no restarts.
- Score the four criteria cautiously and name evidence for each score.
- Choose one weakest criterion for the week.

Reflection: What broke the message most often? _____

Day 2 - Direct Part 1 answers

- Answer ten unfamiliar questions from two topics.
- Use answer + reason + detail; vary the tense accurately.
- Repeat only two answers after reviewing them.

Repeated issue: _____

Days 3 and 4 - Build sustained answers

Day 3 - Part 2 planning and long turns

- Plan three cue cards with one minute for each; write keywords only.
- Record one talk for up to two minutes without stopping.
- Check whether the talk has context, two developed details and a reflection.

Best extension move: _____

Day 4 - Part 3 reasoning

- Answer five linked discussion questions for 40-60 seconds each.
- Use position + reason + support; add nuance only when useful.
- Replace one unsupported generalisation with a concrete example.

Weakest logical link: _____

Midweek evidence check

Criterion	Day 1 evidence	Day 4 evidence	Changed?
Fluency			
Vocabulary			
Grammar			
Pronunciation			

Days 5 to 7 - Correct, retest and continue

Day 5 - Language repair

- Transcribe one minute from a weak recording, including fillers and abandoned sentences.
- Circle repeated grammar and vocabulary problems; correct only the most frequent pattern.
- Record a fresh answer using the correction without reading it.

Correction target: _____

Day 6 - Pronunciation and recovery

- Choose one feature: word endings, stress, rhythm, intonation or a sound contrast.
- Shadow a short clear clip, then record the same idea in your own words.
- Practise paraphrasing when a word is unavailable instead of restarting.

Feature practised: _____

Day 7 - Full retest

- Take a new continuous mock under the same recording conditions as Day 1.
- Score the four criteria and compare audible evidence, not only the headline number.
- Set one priority for the next seven days.

Next priority: _____

End-of-week review

Question	Notes
What became easier?	
What remains inconsistent?	
Which recording proves the change?	
What will I practise next?	

Practice links

- Current topics: <https://ieltspeaking.com/topics.html>
- Full Speaking guide: <https://ieltspeaking.com/ielts-speaking-test.html>
- Mock test: <https://ieltspeaking.com/mock-test/>