

Two-Week TOEFL Study Plan

Looking for a two-week TOEFL study plan? This day-by-day schedule gives you a focused 14-day breakdown for intensive TOEFL prep, covering all four sections—Reading, Listening, Speaking, and Writing—with lessons, practice, and review built into each day.

Before diving in, a few important notes:

Is two weeks right for you? Two weeks is a compressed timeframe for TOEFL preparation. This schedule assumes you already have strong English skills and just need to learn the test format and strategies. If you're concerned about your overall English level, consider a longer study plan like our [one-month](#) or [two-month](#) or even [three-month](#) schedule, which includes more time for foundational skill building.

Take a rest day each week. This schedule covers six days per week, with one rest day. Don't skip your rest days! Recovery is essential for effective learning. Your brain needs time to consolidate what you've learned.

Pro tip: Schedule your rest day after practice test days. Taking a full-length test is mentally demanding, so giving yourself a break afterward helps you return refreshed and ready for the next phase.

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About This Study Schedule

Here's how this two-week TOEFL study plan is designed:

- **Balanced skill coverage:** You'll practice and study each skill area: Reading, Listening, Speaking, and Writing.
- **Two-set daily structure:** Each day is generally structured around a specific skill area, split into two different "sets" of lessons, practice, and review. This helps you focus deeply on related skills while maintaining variety within each session.
- **Manageable daily workload:** Days are designed to take around 2 hours, for a total of roughly 12 hours per week.
- **Practice tests for assessment:** You'll take practice tests at the start of each week to assess yourself, track your progress, and build up stamina for the full-length test, including one final practice test at the very end.
- **Official ETS questions:** This schedule is built around the official ETS questions in your Magoosh plan, all of which come with detailed explanations.

What content does this schedule use?

- Most Magoosh TOEFL video lessons (Note: no grammar lessons are included, and some lessons are marked as optional; see below for more context)
- 2 of the official ETS practice tests in Magoosh
- A small portion of the ETS prompts in Custom Practice
- 1 ETS Interactive Sample question set
- 1 ETS Full-Length TOEFL Practice Test

Want even more practice? This schedule intentionally uses only the official ETS questions in your Magoosh plan. But those aren't the only questions available to you: Magoosh also offers a large library of expert-crafted practice questions. So whenever you want extra reps, or more work on an area you find tricky, you'll have plenty to draw on beyond what's scheduled here.

Want to take more practice tests? This schedule has you take 2 of the official ETS practice tests in your Magoosh plan, plus 1 free practice test on the ETS website. But your plan actually includes up to 10 of these official ETS tests. So if full-length tests are a helpful way for you to track your progress, feel free to work a few more into your routine.

Optional lessons. In the interest of keeping each day's workload to around 2 hours, we've marked some lessons as optional and thus didn't include their times in the study time for the day. However, those lessons are still good to watch if you have extra time, and especially if you are struggling with that question type.

A note about time estimates: Lesson times are based on normal playback speed with some padding for pausing and note-taking. Your actual time may vary, especially if you watch videos at a different speed. Review time may also be shorter or longer depending on how well you perform on practice tasks. Practice time can also serve as your time limit when you're studying using Quiz Mode, but be sure to make adjustments based on your own personal

strategies (such as intentionally spending more time on Complete the Word tasks if you find that question type challenging).

TOEFL Prep Resources

You'll need the following resources for this two-week TOEFL study plan:

- A computer with a microphone, speakers, and internet access
- [Magoosh TOEFL Premium](#) subscription

You'll also use these external resources during Week 2:

- [ETS TOEFL Interactive Sample](#) — Official practice questions from ETS
- [ETS Full-Length Practice Test 1](#) — Free full-length test on the ETS website

Recommended: Keep an [error log](#) to track patterns in your mistakes. This will help you identify which areas need the most attention.

Pro tip: Your error log is one of the most powerful tools for score improvement. After each practice session, note not just what you got wrong, but *why* you got it wrong. You'll start to see patterns—and those patterns tell you exactly where to focus.

Week 1

Week 1, Day 1 — Take a Practice Test — 120 minutes

You'll kick things off by taking a practice test. This will give you good experience for what taking the whole test is like and, most importantly, provide you with a baseline score so that you know where you currently stand—that is, what your strengths and weaknesses are. The better you understand where you struggle, the better you can focus your studies on that area and adapt this schedule to be the most relevant to you in your limited time. (For example, if you excelled on the Reading section, you could opt to skip Reading-focused days on this schedule and do additional study and practice in another area, such as Speaking.)

Main Practice — 90 minutes

- [Take the first reserved practice test on Magoosh](#)

Review your Practice Test — 30 minutes

Week 1, Day 2 — Reading: Complete the Words and Academic Passage Part 1 — 120 minutes

Main Lessons — 23 minutes

- Reading Section – Structure and Timing
- Reading Task – Complete the Words
- Using Clues in ‘Complete the Words’

Main Practice — 15 minutes

- 3 Complete the Words Tasks

Main Review — 22 minutes

Additional Lessons — 28 minutes

- Reading Task – Academic Passage
- Reading Question Type: Main Idea
- Reading Skill – Skimming and Scanning
- Reading Skill – Difficult Sentences

Additional Practice — 11 minutes

- 3 Academic Passage Tasks

Additional Review — 21 minutes

Week 1, Day 3 — Writing: Academic Discussion and Build a Sentence — 128 minutes

Your Writing essays will be instantly evaluated on Magoosh. Afterwards, you'll receive a report on where your writing could be improved. Be sure to look over that commentary and note common issues and patterns that you struggle with.

Main Lessons — 44 minutes

- Writing Task – Academic Discussion
- Academic Discussion: Organization
- Academic Discussion: Templates
- Academic Discussion: Picking a Side
- Academic Discussion: Contributing to the Discussion
- Academic Discussion: Supporting Opinions
- (Optional) *Academic Discussion: Putting It All Together*

Main Practice — 10 minutes

- 1 Academic Discussion Task

Main Review — 18 minutes

Additional Lessons — 31 minutes

- Writing Task – Building Sentences
- Building Sentences: Using the Clues
- Building Sentences: SVO Ordering
- Building Sentences: Word Agreement
- (Optional) *Building Sentences: The Roles of "That"*
- (Optional) *Building Sentences: Complex Sentences*

Additional Practice — 10 minutes

- 10 Build a Sentence Tasks

Additional Review — 15 minutes

Week 1, Day 4 — Listening: Daily Life and Choose a Response — 122 minutes

Main Lessons — 44 minutes

- Listening Task – Daily Life Conversation
- Listening Question Type: Detail
- Wrong Answer Trap: The Wrong Detail
- Listening Question Type: Inference
- Wrong Answer Trap: Don't Go Too Far
- Listening Task – Daily Life Announcement
- Listening Question Type: Purpose

Main Practice — 15 minutes

- 6 Conversation Tasks
- 6 Announcement Tasks

Main Review — 22 minutes

Additional Lessons — 23 minutes

- Listening Task – Choose a Response
- Choose a Response: Using Question Words
- Choose a Response: Content and Tone

Additional Practice — 8 minutes

- 20 Choose a Response Tasks

Additional Review — 10 minutes

Week 1, Day 5 — Speaking: Interview and Listen & Repeat — 129 minutes

We've included extra review time because you can get your speaking instantly evaluated on Magoosh. You'll receive a report that analyzes different aspects of your speech, such as accuracy, pace, and pronunciation. So, when you do

one Speaking task, you'll want to do it again to specifically work on the categories that you didn't score as high in.

Main Lessons — 37 minutes

- Speaking Task – Interview
- Interview: Organization and Timing
- Interview: Speaking Templates
- *(Optional) Interview: Choosing the Easiest Answer*
- Interview: Giving Examples
- Interview: Using Transition Words
- *(Optional) Interview: Conversational Tone and Vocabulary*

Main Practice — 5 minutes

- 1 Interview Task

Main Review — 20 minutes

Additional Lessons — 27 minutes

- Speaking Task – Listen and Repeat
- Listen & Repeat: Chunking and Anticipation
- Listen & Repeat: Scoring and Common Mistakes
- *(Optional) Speaking Skill: Pronunciation*
- *(Optional) Other People Talking at the Test Center*

Additional Practice — 10 minutes

- 2 Listen and Repeat Tasks

Additional Review — 30 minutes

Week 1, Day 6 — Reading: Daily Life and Academic Passage Part 2 — 123 minutes

Main Lessons — 43 minutes

- Reading Task – Daily Life Passages
- Reading Question Type: Detail
- Wrong Answer Trap: The Wrong Detail
- Wrong Answer Trap: Not in the Text
- Reading Question Type: Purpose
- Big Picture Purpose

Main Practice — 10 minutes

- 3 Read in Daily Life – Short Tasks
- 2 Read in Daily Life – Long Tasks

Main Review — 20 minutes

Additional Lessons — 29 minutes

- Reading Question Type: Inference
- Wrong Answer Trap: Too Extreme

- Reading Question Type: 'Except'
- Wrong Answer Trap: Distorted Meaning

Additional Practice — 7 minutes

- 2 Academic Passage Tasks

Additional Review — 14 minutes

Week 1, Day 7 — Rest

Though you're trying to prepare for the TOEFL in a short amount of time, it's still essential to rest! Definitely take a break today.

Week 2

Week 2, Day 1 — Take a Practice Test — 120 minutes

Main Practice — 90 minutes

- Take the second reserved practice test on Magoosh

Review your Practice Test — 30 minutes

Week 2, Day 2 — Writing: Write an Email and Writing Practice — 123 minutes

Main Lessons — 44 minutes

- Writing Task – Write an Email
- Write an Email: Organization & Timing
- Write an Email: Templates
- Write an Email: Inventing Details
- Write an Email: Tone and Register
- *(Optional) Writing an Email: Putting It All Together*
- Writing Skill – General vs Specific Structure

Main Practice — 7 minutes

- 1 Write an Email Task

Main Review — 14 minutes

Additional Practice — 20 minutes

- 1 Academic Discussion Task
- 10 Build a Sentence Tasks

Additional Review — 38 minutes

Week 2, Day 3 — Listening: Academic Talk and Listening Practice — 118 minutes

Main Lessons — 53 minutes

- Listening Task – Academic Talk
- Listening Question Type: Main Idea
- Listening Skill – Taking Notes
- Listening Skill – Notes: Abbreviations and Symbols
- Main Purpose vs Main Idea
- Listening Question Type: Function
- Wrong Answer Trap – Watch Out for Idioms

Main Practice — 10 minutes

- 3 Academic Talk Tasks

Main Review — 14 minutes

Additional Lessons — 11 minutes

- Listening Question Type: Attitude
- Wrong Answer Trap: Strong Emotions

Additional Practice — 13 minutes

- 10 Choose a Response Tasks
- 4 Conversation Tasks

- [3 Announcement Tasks](#)

Additional Review — 17 minutes

Week 2, Day 4 — Speaking Practice and Test-Day Interface Preview — 115 minutes

You'll take the free ETS Interactive Sample today so that you can experience every question type on ETS's official interface. (Magoosh's interface is similar, but not identical, so it's a good idea to preview what your test day will be like.) To start the Interactive Sample, click on the link, then scroll down to 'Free Products' and click 'Try It Now!' underneath the Interactive Sample.

Once you finish the Interactive Sample, there will be a PDF that you can download. We've included [the ETS TOEFL Overview PDF](#) here since it's basically the same document. Note that either document only has answers to SOME of the questions. It also contains sample responses for Speaking and Writing, so we recommend that you look over those and compare them to your own.

Main Practice — 10 minutes

- [1 Interview Task](#)
- [1 Listen and Repeat Task](#)

Main Review — 45 minutes

Additional Practice — 45 minutes

- [The ETS TOEFL Interactive Sample](#)

Additional Review — 15 minutes

Week 2, Day 5 — Reading Academic Passage Part 3 and Mixed Practice — 121 minutes

Main Lessons — 24 minutes

- [Reading Question Type: Vocabulary in Context](#)
- [Reading Question Type: Reference](#)
- [Reading Question Type: 'Insert Text'](#)

Main Practice — 7 minutes

- [2 Academic Passage Tasks](#)

Main Review — 14 minutes

Additional Practice — 29 minutes

- [Listening: 10 Choose a Response Tasks](#)
- [Listening: 4 Conversation Tasks](#)

- Listening: 3 Announcement Tasks
- Reading: 1 Complete the Words Task
- Writing: 10 Build a Sentence Tasks

Additional Review — 47 minutes

Week 2, Day 6 — Rest

Though you're trying to prepare for the TOEFL in a short amount of time, it's still essential to rest! You'll be taking a final practice test tomorrow, so be sure to take a break today.

Week 2, Day 7 — Take an ETS Practice Test — 120 minutes

Today, you'll be taking a full, free practice test on ETS's website. In addition to the normal value that you get from taking a mock test, you'll be answering every question type through ETS's interface, so you'll also get a feel for what exactly to expect on test day. To start the test, scroll down to the 'Free Products' area. Underneath 'Full-Length Practice Test 1', click the 'Try it now!' button to start your test.

Main Practice — 90 minutes

- [Take Full-Length Practice Test 1 on the ETS Website](#)

Review your Practice Test — 30 minutes

Personalizing Your Schedule

This two-week TOEFL study plan is designed to work for most students with strong existing English skills, but you may need to adjust it based on your own needs.

If you're getting through the days faster than the estimated times: You may want to supplement your days with additional Custom Practice. Since this schedule does not use all of the Custom Practice content, you can easily increase the amount of practice you do. We recommend that you practice content from a different skill area than what the day already includes (for example, if it's a Speaking day, you could choose to add some Listening sets). However, keep in mind that what's most important is the quality of study you do, not the quantity. It's far better to spend time in careful review of your practice than to blitz through as much practice as possible.

If it's taking you longer to get through the days than the estimated time: That's okay! If you absolutely have to take the TOEFL soon, you may want to scale back on some of the lessons or even the amount of practice. However, if your test is further down the road, we strongly recommend that you follow a different study schedule, such as our [one-month](#) or [two-month](#) schedule.

Adapting based on your strengths and weaknesses: Though this schedule focuses on each skill area every week, that may not be what's best for you! You'll learn a lot about your strengths and weaknesses during the first week. And from that, you may want to alter what you do and when. For example, if you're really strong in Listening but weak in Writing, you may want to skip some of the Listening lessons and Listening practice so that you can spend more time focusing on Writing.

Pro tip: After your first practice test on Day 1, take a few minutes to write down your three biggest weaknesses. Then, as you go through the schedule, look for opportunities to give those areas extra attention. Small adjustments can make a big difference.