

Preface:

This is nothing more than a collection of my theories and opinions on typing improvement, I don't know shit about improvement science or whatever. Stop English practice immediately after you begin to fatigue and decline. Put full mindful effort into every single second of typing practice.

Monkey-Type:

10 word test - Improves overall burst and strengthens common combo speeds, don't worry about quitting and go as fast as you physically can. Mix runs up with PB attempts and disregarding accuracy for speed

25 - 50 word test - Will mostly improve reading aspect of bursting, will definitely make you better at 3-4 liners on tr. Follow same steps as 10

Quote mode - Should increase acceleration speed along with typical sentence typing, free accuracy takes away the fear of choking.

15 - 30 second test - Decent for improving 10ff pbs and focus.

120+ second tests - Good for improving physical and mental endurance, 120 second and 600 second tests being the most important.

Custom - This mode is extremely helpful. I'd recommend inserting typeracer burst quotes along with any words you have issues with to build muscle memory for them. You can also take your top 10* hardest/easiest quotes to train bursting endurance or complexity and muscle memory for these quotes.

MT Notes:

Punctuation - Make sure to practice these drills with both punctuation and no punctuation. Also make sure you use the other english settings to work on complexity.

Funbox - There might be some good reading practice in a few wacky text spinning modes. I haven't experimented with this at all.

Typeracer:

Text bests - This is probably the best way to improve, it creates thousands of small goals that force you to try-hard. The best way to do this is to compete against your past scores or set speed goals according to the difficulty of text. It's also great to set a median speed to shoot for.

Text bests continued - Another great way to improve is to find short easy quotes and get used to bursting common short words.

Bursting - Finding a set of quotes you can burst much faster than the rest is pretty good for improving finger speed. This is a pretty big aspect of Typeracer and you can incorporate it into normal quotes. I think you would be better off inputting the quotes into monkey-type custom but remember to get used to forced accuracy. The mindset difference between forced and free accuracy is wildly different.

Maintrack/practice/friend racing - This is also one of the most important things to practice. It doesn't let you ctrl + r every time you want to restart (don't do that), so you're forced to type a variety of quotes. It also lets you compete against others and puts pressure on you to perform well.

10fastfingers:

Standard Test/Competitions - I think the standard test is probably the best way to improve brute style typing. It demands fast consistent typing for a whole minute if you want to PB. It sounds counterintuitive but inflating your average on the standard test should actually help you improve. It forces you to type faster than you would if you submitted every test you started. Quit all you want and practice on competitions.

Advanced Test - This is a good test for practicing bullshit complexity and random ass capitalization that they sprinkle in for no reason. I've found that Standard Texts mixed with typeracer work fine as practice for this test and the rest is getting used to the formatting/words.

Top 1000 words - This is probably decent for practicing complexity and endurance. Wouldn't spend too much time on it unless you're interested in completionism.

Nitrotype:

Maintrack/Friend Racing - Standard nitrotype races only seem to serve as practice for getting better at nitrotype. I'd mainly focus on improving PBs and best averages.

Other aspects:

Foreign Languages - Foreign languages you can't speak will improve general reading ability and allow you to experience strange letter combos that aren't common in English. Tr MT and 10ff all have support for this, I'd adapt most monkey-type drills to this (excluding endurance training). The best time to train foreign languages is after typical sessions when you're physically/mentally fatigued and want to continue practicing.

Special Characters - 58008, specials and gibberish on Monkey-type should improve reading skills while simultaneously improving muscle memory for uncommon characters. You can also use programmer typing tests (speedcoder.net for example), Typeracer Code universe (shit) Typeracer Numbers universe (shit) and TypeWell (gnarly). Typically single-letter or single-character reading isn't important for typing since we read words or multiple words at once; however, when you encounter words you can't spell or shit Vielle submits you won't slow down. I wouldn't train this more than 5-10 minutes a day. You can also train [randomracer](#) to help with complexity.

Physical & Mental - I'll discuss other hobbies that improve physical and mental abilities that could potentially help with typing later but maintaining good health will help tremendously. Make sure you're sleeping well, exercising daily and eating correctly. There's a trend amongst competitive typists and similar body types, they're either quite a bit underweight and wirey or ripped as fuck, I definitely think the latter is better. Maintaining a good attitude is also important, make sure to consistently challenge your weak points, take breaks and don't get discouraged.

Other hobbies that (might) help with typing:

Piano/instruments - Piano is a major theme in competitive typing, it obviously improves finger dexterity, speed and strength along with improving hand-eye coordination. I think learning piano for typing would help tons. There are also some crazy fast bursters who play guitar, though this never helped me much.

Grip training - Hand strength can help quite a bit when it comes to endurance and raw speed. There are a few tools that can help you achieve hand strength, my favorite being a gripper. You can get a [Robert Baraban Adjustable](#) for around \$90. HMU and I'll show you how to make some DIY shit if you want.

Rhythm Games - Rhythm games are great for improving hand-eye coordination along with finger speed, particularly Etterna/mania. I've noticed rhythm games help me the most with double letter combos where most typists struggle.

Pen Spinning - Another one for hand-eye coordination along with dexterity. Great Idle hobby for some extra dexterity

Speed Reading - Haven't experimented at all with this but some people have had success with it.

Other random tips:

Accuracy - Accuracy is a mindset and is mostly related to focus. I don't think there's any utility in overthinking movements. All practice that improves focus should also improve accuracy, it's just a flowstate.

PBing - There are tons of variables that go into getting PBs, especially on standardized tests like 10ff. In the case of 10ff maintaining focus is the most important part. You need to maintain some formula of focusing on reading ahead and maintaining pace without getting flustered while making typos or overthinking the run/letting nerves set in. I typically use music to achieve this. When going for Pb's I'd recommend 30 mins to an hour of weightlifting to tire your arms out, 10 minute ice soak for hands and a hot shower. Then using rubber bands to warm up your extensors.

How I would incorporate these:

Typeracer - You should be spending most of your time on Typeracer. I'd say at least 50%. Make sure you're grinding text bests and maintrack daily.

Monkey-type - I would use this for around 30% of practice. Incorporate all the drills and set aside specific times to go for pbs on 60s.

10fastfingers - This should take up around 15% of your normal practice.

Nitrotype - This should take up around 5% of your normal practice.

Others - For other websites/specific practice I'd recommend setting aside some time for them every two days or so.

Other Notes - You can incorporate all of these websites into a single day or spend one/multiple day(s) at a time on each. You should find a sweet spot after experimenting.

I'd recommend taking strategic breaks, maybe one day a week or taking a week-month off when you plateau. Experiment and see how they help/hurt you.

Overall none of this matters if you aren't putting all the effort you can muster into every session. You can pick and choose aspects of each website if you don't feel they're helping or if they don't interest you. Whatever keeps you alert and interested will help the most even if some other method has the potential to help more.

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