

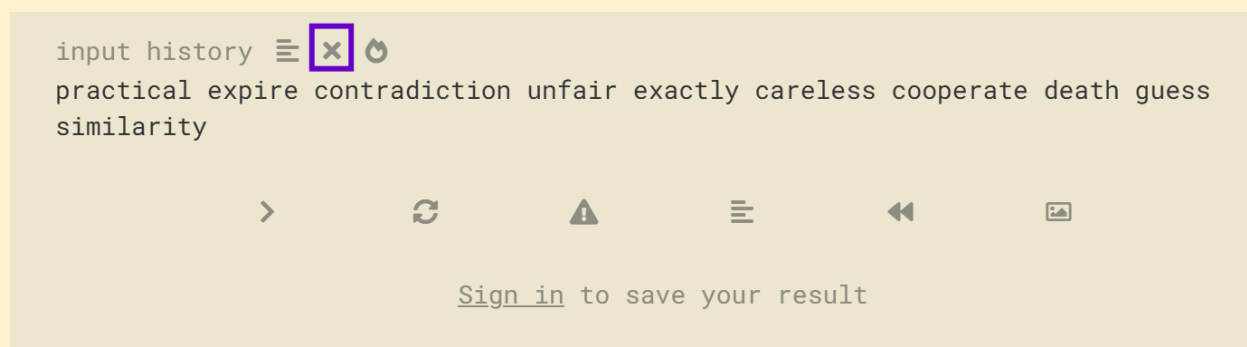
https://www.reddit.com/r/typing/comments/1n8ni5y/looking_to_optimize_my_typing_practice/

Try alternating between English 1k and English 5k on a weekly basis rather than a daily basis for the rest of September and start with a week of English 1k.

Turn off punctuation and numbers. If, like me, you do a fairly high to very high volume of real life typing every day and you always use punctuation, capital letters and numbers regardless of how formal or informal the setting, then you'll be getting more than enough practice at it.

Practice your missed words at the end of every test. That's how you accumulate more accurate repetitions of words that you've made mistakes on.

I would recommend that you press Esc and type "history" and then enable "Always show words history" and then make use of this button:



That button copies one of each of your missed words to your clipboard so that you can paste it wherever you like. My personal preference is to paste it into Notepad and then type it out again and again as much as I want or need to do, not as much as Monkeytype deems that I need to. I'll type it out whilst looking at the line above so it's not that different from

a test. I'm still looking at words that are already there and I'm copying them.

heat emergency critique discrimination executive cynical

heat emergency critique discrimination executive cynical

heat emergency critique discrimination executive cynical

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But I also have the freedom to deconstruct words and focus on the segments of them that I identify as problematic.

execu execu execu execu execu execu execu execu execu

It's not about speed during this time. It's about typing these words correctly. Understand that speed is nothing more than a byproduct of typing things correctly many times, not about trying to move your fingers faster but I think you understand that already.

Regarding “bursting” or “bursts” there’s nothing unique or special happening there despite what people think.

Think about typing the word **develop** just as a random example.

You will have learned and repeatedly practiced one way of typing **develop** i.e. one sequence of finger movements.

Every time you see that word on the screen during a test, regardless of whether it’s English 200, 1k or 5k, regardless of whether the test duration is 15, 30, 60 or 120 seconds or 10, 25, 50 or 100 words or if it’s

part of a quote either on Monkeytype or Typeracer, you will type **develop** in the one way that you have practiced.

Considering that the muscle memory used does not change with the test duration, language setting or quotes vs jumbled words and even Monkeytype vs Typeracer, I've never read a convincing explanation of what's happening during a 10 word test or other short duration typing that means you're training anything other than the muscle memory for typing whatever words are in the test.

It doesn't matter if you practice nothing but 10 word tests for a year or nothing but 120 second tests for a year. If you were always on the default selection of 200 words, all you'll really be doing, thinking big picture, long term, is refining your muscle memory for typing each of those 200 words by typing them over and over and over again. That's what typing practice is. The test duration that you use to do that is irrelevant.

Personally, I would always favour the longer tests because it helps you build your ability to maintain focus for longer periods and you get used to feeling the rhythm and flow of typing. You'll still be able to "burst" pretty well without ever really practicing it because it's still the same 200 words that you've typed thousands of times before.

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Here's some other information to consider. Try this experiment for yourself.

On Monkeytype's default selection of 200 words:

1 test of 120 seconds = 120 seconds of typing

8 tests of 15 seconds = 120 seconds of typing

Your average speed over those 8 tests of 15 seconds will be very similar to your speed on the single test of 120 seconds provided you go "non-quit" on them.

Let me explain what I define as "non-quit" on Monkeytype. There are two elements.

The first is that once you start typing on a test, you don't quit, no matter how badly things go in terms of making mistakes and being inaccurate. You see the test through to the end.

The second is that in between tests you don't refresh the screen in order to get a more favorable selection of words for your next test. Instead, your next test will be whatever Monkeytype gives you once you navigate away from the result screen of the previous test. Don't refresh before you type. Simply accept whatever Monkeytype gives you.

The reason that people think 15 second tests are much faster than 120 second tests is because they focus on the result of a single test of 15 seconds i.e. their personal best.

And that personal best is achieved after countless abandoned tests, countless refreshings of the screen before you even start the test.

Nobody seems to think along the lines of *"That screen I just refreshed. What would have been the result of that test if I'd actually done it?"*

Here's another document comparing test durations:

☰ There's no real difference between test durations