Start IELTS

Where should I start?

Your IELTS Study Plan

Three courses, one clear path to your target band. Start at **your** level, follow the plan week by week, and move up when you are ready.

12 weeks · A2 → B1
Foundation
accurate everyday English and your first IELTS skills

8 weeks · B1 → B2
Core Skills
every question type, Task 1 and Task 2

4 weeks · B2 and above
Final Prep
higher-level grammar and full timed practice

Small steps, every week.

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Which course is right for me?

Read the three descriptions and choose the one that sounds most like you. If you are between two, start with the lower one. Finishing a course gives you confidence.

12 WEEKS

Foundation

I am new to IELTS, or about **Band 4.5 to 5**. I make mistakes with basic tenses, and I find it hard to speak for more than a few sentences.

Start with Week 1 of Foundation

8 WEEKS

Core Skills

I am about **Band 5.5 to 6**. My everyday English is good, but I don't know the question types well, and my essays need structure.

Start with Week 1 of Core Skills

4 WEEKS

Final Prep

I am about **Band 6.5** and aiming for 7 or higher, or my test is **very soon**. I want higher-level grammar and timed practice.

Start with Week 1 of Final Prep

Quick check

Tick the sentences that are true for you.

○	I can talk about my daily life and my past without many mistakes.	If not, start with **Foundation**.
○	I can write a clear paragraph with linking words.	If not, start with **Foundation**.
○	I know the main Reading and Listening question types.	If not, start with **Core Skills**.
○	I can write a full Task 2 essay in 40 minutes.	If not, start with **Core Skills**.
○	I use conditionals, passives and relative clauses accurately.	If yes, try **Final Prep**.

My target band .....

My test date .....

My course .....

The full journey: the three courses follow on from each other, and no lesson appears twice. Starting at Foundation, you can work all the way through in 24 weeks.

How the plan works

Every week has the same simple shape, so you always know what to do next.

Step	What to do
1. Lessons	Work through the week's lessons in order: Grammar Vocabulary Reading Listening Writing Speaking. Each lesson takes about 45 to 60 minutes.
2. Practice	Practice One task that uses what you learned: a timed task, a recorded answer or a piece of writing.
3. Review	Review Ten minutes at the end of the week: test yourself on your new phrases and look ahead.

Busy week? Do the lessons first and move the practice task to the weekend. Missed a week? Just carry on where you stopped.

Five habits that make the difference

1. **Review on day 1, 3 and 7.** Look at new phrases again the next day, two days later and a week later.
2. **Keep a phrase notebook.** Write whole phrases, not single words: *rose steadily*, *I've been working here for...*
3. **Write every week.** Writing is the skill most learners avoid, and the one that improves most with practice.
4. **Record yourself speaking.** Listen back once. You will notice more than you expect.
5. **Use the clock.** From the Core Skills course, time yourself: 20 minutes for Task 1, 40 for Task 2, 20 for each reading passage.

12-Week Foundation
24 lessons
£9.99

8-Week Core Skills
25 lessons
£9.99

4-Week Final Prep
20 lessons
£6.99

About the lessons: every lesson in this plan is a Start IELTS lesson on **startielts.co.uk**. Lessons marked FREE are free to download. You can buy each lesson for 99p, or get a whole course as one bundle and save more than half.

A2 → B1 · 12 WEEKS · 2 LESSONS A WEEK

12-Week Foundation

Build accurate everyday English: the key tenses, everyday vocabulary, Listening Parts 1 and 2, Speaking Part 1 and your first reading and writing skills.

All 24 lessons in one bundle ~~£18.81~~ **£9.99** startielts.co.uk/downloads/12-week-foundation-course/

Week 1 Everyday life

12-WEEK FOUNDATION

Grammar	**Present Simple** FREE	☐
Vocabulary	**Routines and Habits**	☐
Practice	Answer five Part 1 questions about your daily routine, and record yourself.	☐

Week 2 Now and around now

12-WEEK FOUNDATION

Grammar	**Present Continuous**	☐
Speaking	**Essential Speaking Skills: Part 1** FREE	☐
Practice	Talk for two minutes about what you are doing these days, and record it.	☐

Week 3 Telling stories

12-WEEK FOUNDATION

Grammar	**Past Simple**	☐
Listening	**Listening: Form and Note Completion** FREE	☐
Practice	Write eight sentences about your last holiday.	☐

Week 4 Where you live

12-WEEK FOUNDATION

Vocabulary	**Home and Local Area**	☐
Reading	**Understanding Paragraphs** FREE	☐
Practice	Read a short news article and write the main idea of each paragraph.	☐

Week 5 Past events, exact details

12-WEEK FOUNDATION

Grammar	**Past Continuous and Past Simple**	☐
Listening	**Listening Part 1: Numbers and Letters**	☐
Practice	Spell your name, address and email aloud. Then write down ten numbers you hear in a podcast.	☐

Week 6 Experiences

12-WEEK FOUNDATION

Grammar	**Present Perfect**	☐
Reading	**Skimming**	☐
Practice	Skim three short articles, two minutes each, and say what each one is about.	☐

Week 7 Then and now

12-WEEK FOUNDATION

Grammar	**Present Perfect or Past Simple?**	☐
Vocabulary	**Towns and Cities**	☐
Practice	Describe how your town has changed in six sentences.	☐

Week 8 Sound natural

12-WEEK FOUNDATION

Writing	**Building Better Sentences**	☐
Speaking	**Speaking: Natural Phrases**	☐
Practice	Turn five short sentences into longer ones, then record three Part 1 answers.	☐

Week 9 Plans for the future

12-WEEK FOUNDATION

Grammar	**Future Forms**	☐
Reading	**Scanning**	☐
Practice	Find ten facts on a timetable or website in five minutes.	☐

Week 10 Comparing and directions

12-WEEK FOUNDATION

Grammar	**Comparatives and Superlatives**	☐
Listening	**Listening Part 2: Maps and Grammar Checks**	☐
Practice	Compare two places you know in a short paragraph.	☐

Week 11 Travel and pronunciation

12-WEEK FOUNDATION

Vocabulary	**Travel and Holidays**	☐
Speaking	**Pronunciation Essentials** FREE	☐
Practice	Record a two-minute talk about a trip, and check your pronunciation.	☐

Week 12 Ready for the next step

12-WEEK FOUNDATION

Vocabulary	**Work and Careers**	☐
Writing	**What Makes a Good Task 1 Answer?**	☐
Practice	Write your first Task 1 answer in 30 minutes. Then start the 8-Week Core Skills course.	☐

Finished the Foundation course?

Well done. You now have the grammar and everyday vocabulary you need for IELTS. Your next step is the **8-Week Core Skills** course, where you learn every main question type and start writing full Task 1 and Task 2 answers.

Next: 8-Week Core Skills · 25 lessons · £9.99

B1 → B2 · 8 WEEKS · 3 TO 4 LESSONS A WEEK

8-Week Core Skills

Learn the exam skills: every main question type, Writing Task 1 and Task 2, Listening Parts 2 to 4, and Speaking Parts 2 and 3.

All 25 lessons in one bundle ~~£23.76~~ **£9.99** startielts.co.uk/downloads/8-week-core-skills-course/

Week 1 True, false and ongoing actions

8-WEEK CORE SKILLS

Grammar	**Present Perfect Continuous**	☐
Listening	**Listening Part 2: Multiple Choice**	☐
Reading	**True, False or Not Given?**	☐
Practice	Do one True, False or Not Given passage in 20 minutes.	☐

Week 2 Describing charts

8-WEEK CORE SKILLS

Writing	**Task 1 Writing Essentials**	☐
Vocabulary	**Language of Trends**	☐
Speaking	**Speaking Part 2: Planning the Long Turn**	☐
Practice	Write a Task 1 chart answer in 20 minutes.	☐

Week 3 Processes and unknown words

8-WEEK CORE SKILLS

Grammar	**The Passive for Task 1**	☐
Listening	**Listening Part 2: Matching**	☐
Reading	**Managing Unknown Words**	☐
Practice	Describe a process in about 150 words.	☐

Week 4 Questions and task cards

8-WEEK CORE SKILLS

Writing	**Understanding the Question** FREE	☐
Writing	**Task 2 Essay Types**	☐
Speaking	**Speaking Part 2: Four Card Types**	☐
Practice	Plan answers to three Task 2 questions, five minutes each.	☐

Week 5 Linking ideas

8-WEEK CORE SKILLS

Grammar	**Linking Words**	☐
Grammar	**Referencing Words**	☐
Writing	**Paragraphs and Cohesion**	☐
Listening	**Listening Part 3: Multiple Choice**	☐
Practice	Write one Task 2 body paragraph, then check your linking and referencing.	☐

Week 6 Choosing the right answer

8-WEEK CORE SKILLS

Reading	**Multiple Choice and Matching**	☐
Vocabulary	**Education**	☐
Speaking	**Fluency and Coherence**	☐
Practice	Talk about education for two minutes without stopping, and record it.	☐

Week 7 Main ideas

8-WEEK CORE SKILLS

Grammar	**Conditionals: Zero, First and Second**	☐
Reading	**Matching Headings**	☐
Listening	**Flow-charts, Tables and Diagrams**	☐
Practice	Do one Matching Headings passage in 20 minutes.	☐

Week 8 Full essays

8-WEEK CORE SKILLS

Writing	**What Makes a Good Task 2 Answer?**	☐
Vocabulary	**Technology**	☐
Speaking	**Speaking Part 3: Discussion**	☐
Practice	Write a full Task 2 essay in 40 minutes. Then start the 4-Week Final Prep course.	☐

Finished the Core Skills course?

You now know how every part of the test works. Your next step is the **4-Week Final Prep** course: higher-level grammar for Band 7, the hardest question types and full timed practice.

Next: 4-Week Final Prep · 20 lessons · £6.99

B2 AND ABOVE · 4 WEEKS · 5 LESSONS A WEEK

4-Week Final Prep

Polish your English for Band 7 and above: higher-level grammar, the hardest question types, and full timed practice.

All 20 lessons in one bundle ~~£16.83~~ **£6.99** startielts.co.uk/downloads/4-week-final-prep-course/

Week 1 Precision

4-WEEK FINAL PREP

Grammar	**Relative Clauses**	☐
Grammar	**Future Perfect and Continuous**	☐
Listening	**Listening Part 4: Lecture Notes**	☐
Reading	**Yes, No, Not Given**	☐
Vocabulary	**Health and Fitness**	☐
Practice	Do one timed Listening section, then answer three Part 3 questions about the future.	☐

Week 2 Complex sentences

4-WEEK FINAL PREP

Grammar	**Participle Clauses**	☐
Grammar	**Past Modals**	☐
Listening	**Listening Part 3: Matching**	☐
Reading	**Summary Completion**	☐
Writing	**Task 1 Writing: Maps**	☐
Practice	Write a Task 1 map answer in 20 minutes.	☐

Week 3 Higher-band structures

4-WEEK FINAL PREP

Grammar	**Passive Voice**	☐
Grammar	**Unreal Conditionals**	☐
Reading	**Intensive Reading**	☐
Vocabulary	**Media and Communication**	☐
AI practice	**Task 2 Writing Strategies Using AI** FREE	☐
Practice	Write a Task 2 essay in 40 minutes and get feedback with the AI prompts.	☐

Week 4 Test ready

4-WEEK FINAL PREP

Grammar	**Inversion**	☐
Grammar	**Past Perfect Simple and Continuous**	☐
Reading	**Full Three-Part Reading Test** FREE	☐
Vocabulary	**The Environment** FREE	☐
AI practice	**AI Speaking Skills**	☐
Practice	Do the full Reading test in 60 minutes, then record all three parts of a Speaking test.	☐

The week before your test

- Do one full timed test early in the week, then rest.
- Read through your phrase notebook every day.
- Record one Part 2 talk a day, for two minutes.
- Sleep well the night before. You are ready.

My progress

Colour in a box when you finish a week. Small steps add up.

12-Week Foundation

1 2 3 4 5 6 7 8 9 10 11 12

8-Week Core Skills

1 2 3 4 5 6 7 8

4-Week Final Prep

1 2 3 4

You've got this.

IELTS rewards steady practice more than anything else. If you miss a day, don't worry. Just pick up where you left off.

All the lessons and course bundles are on **startielts.co.uk**.