
1-Month 3x3 Training Plan (30s average → sub-22 goal)

Current level: ~30 seconds average

Method: Beginner CFOP

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Goal: Improve efficiency, reduce pauses, and build full solve flow

Core training rules

- Every solve must have a purpose (not random spamming)
 - Pauses are errors, not normal behaviour
 - Slow practice is required if it improves control
 - Speed only matters after efficiency is fixed
 - Cross should be planned during inspection whenever possible
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Week 1 — Foundation and control

Goal: 30s → 28–29s

Focus: cross planning, F2L pauses, introduction to OLL

Daily structure (repeat every day)

1. Warm-up (10 minutes)

- 5 slow solves
 - Focus on smooth turning and no rushing
 - No attention to time
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2. Cross training (15–20 minutes)

- Scramble and plan full cross during inspection
- Execute slowly and cleanly
- Avoid unnecessary rotations

Targets:

- Cross should become partially planned, not fully improvised
 - Execution goal: around 6–8 seconds by end of week
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3. F2L control practice (30–40 minutes)

- Solve F2L slowly with strict no-pause rule
- If you pause, stop and restart that solve
- Do one pair at a time when necessary

Focus:

- Learning to look ahead to the next pair while inserting current pair
 - Reducing hesitation between steps
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4. OLL introduction (20 minutes)

Start learning 2-look OLL:

- Edge orientation cases (dot, line, L-shape)
- Basic corner orientation cases

Method:

- Use Quizlet or Anki flashcards
 - See case, say algorithm, execute
 - Repeat until recognition becomes automatic
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5. Timed solves (15–20 minutes)

- 8 to 12 full solves
- Focus on smooth execution, not best times

Week 1 outcome goals

- Cross becomes partially planned
 - F2L pauses reduce slightly
 - Basic OLL recognition begins
 - Average improves toward 28–29 seconds
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Week 2 — Flow development

Goal: 28s → 25–27s

Focus: F2L transitions and OLL recognition speed

Daily structure

Cross practice (15 minutes)

- Full inspection planning every solve
 - Start planning first F2L pair occasionally
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F2L flow training (40 minutes)

- Continuous solving only, no stopping
 - If hesitation happens, slow down instead of pausing
 - Focus on smooth transitions between pairs
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OLL practice (25 minutes)

- Flashcard drilling (Quizlet or Anki)
 - Recognition speed target: under 3 seconds per case
 - Mix random cases for recall training
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Timed solves (20 minutes)

- 10 to 15 solves
 - Focus on eliminating pauses
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Week 2 outcome goals

- Cross consistently planned
 - F2L becomes smoother and less fragmented
 - OLL recognition improves significantly
 - Average approaches 26–27 seconds
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Week 3 — Efficiency and speed control

Goal: 25–26s average

Focus: linking steps and improving last layer speed

Daily structure

Cross + first pair (30 minutes)

- Practice connecting cross directly into first F2L pair
 - Reduces wasted transitions
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F2L training (35 minutes)

- Slightly faster turning allowed
 - No pauses allowed at any point
 - Focus on continuous solving
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OLL and PLL introduction (30 minutes)

- Continue OLL review
- Begin PLL recognition practice
- Train last layer as a full system

Practice method:

- Scramble → solve until last layer only → repeat
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Timed solves (25 minutes)

- 12 to 15 solves
 - Track all times and consistency
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Week 3 outcome goals

- Faster and more consistent cross
 - Reduced rotations in F2L
 - OLL recognition becomes automatic
 - PLL begins to be learned
 - Average reaches 25–26 seconds
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Week 4 — Consistency and performance

Goal: 24–26s average with occasional sub-22 solves

Focus: full solve flow and consistency under pressure

Daily structure

Cross practice (15 minutes)

- Must be fully planned in inspection
 - Aim for fast execution under 5 seconds
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F2L flow training (45 minutes)

- No stopping allowed under any condition
 - Simulate full solve conditions
 - Focus on smooth transitions and efficiency
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Last layer training (30 minutes)

- 2-look OLL and PLL speed practice
 - Improve recognition and execution speed
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Timed solves (30 minutes)

- 15 to 20 full solves
 - Competition-style solving (no resets, no breaks)
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Week 4 outcome goals

- Average stabilises around 24–26 seconds
 - Some solves reach 22–24 seconds
 - Sub-22 becomes possible but not consistent
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Expected progression over 1 month

- Week 1: ~28–29s
 - Week 2: ~26–27s
 - Week 3: ~25–26s
 - Week 4: ~24–26s (occasional sub-22)
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Important note

Most improvement will not come from algorithms, but from:

- reducing pauses in F2L
- planning cross during inspection
- improving lookahead

If those three improve properly, the time drops naturally.