

TOEFL Preparation Timelines – Based on Study Schedules

The time needed to prepare for the TOEFL depends on your current English level (B1, B2, C1), your target score, and how intensively you study. This document outlines four study scenarios with approximate preparation time, weekly hours, and total hours required.

1. Studying 2 Hours Every Day (~14 hours/week)

■ Fastest and most effective approach because of daily exposure.

B1 (Intermediate, target 80–90 iBT): 2–3 months (~120–180 total hours). Focus on vocabulary, grammar, strategies.

B2 (Upper-Intermediate, target 90–100 iBT): 1.5–2 months (~90–120 hours). Focus on timed practice and refining skills.

C1 (Advanced, target 100+): 1–1.5 months (~60–90 hours). Focus on mock tests and polishing performance.

2. Studying 2 Hours a Day on Weekdays (~10 hours/week)

■ Effective and realistic; allows weekends free while keeping strong progress.

B1: 3–4 months (~120–160 hours). Steady improvement with regular practice.

B2: 2–3 months (~80–120 hours). Enough to polish weak areas and strategies.

C1: 1.5–2 months (~60–80 hours). Mostly strategies and test simulations.

3. Studying 2 Hours a Day on Weekends Only (~4 hours/week)

■ Slow progress because of long breaks between sessions.

B1: 7–9 months (~120–160 hours). Risk of forgetting between study sessions.

B2: 5–7 months (~100–140 hours). Needs extra daily exposure outside weekends.

C1: 4–5 months (~70–100 hours). Enough for practice tests and review.

4. Studying 3 Hours per Week (~12 hours/month)

■ Very slow route; suitable only if exam is 8–12 months away.

B1: 8–10 months (~100–120 hours). Very gradual improvement.

B2: 6–8 months (~75–100 hours). Requires discipline and extra passive practice.

C1: 4–6 months (~50–75 hours). Enough for strategies and polishing.

■ Summary Table

Study Plan	Hours/Week	B1 (80–90)	B2 (90–100)	C1 (100+)
2h/day (7d)	~14 h	2–3 mo (120–180 h)	1.5–2 mo (90–120 h)	1–1.5 mo (60–90 h)
2h/day (5d)	~10 h	3–4 mo (120–160 h)	2–3 mo (80–120 h)	1.5–2 mo (60–80 h)
2h/day (weekends)	~4 h	7–9 mo (120–160 h)	5–7 mo (100–140 h)	4–5 mo (70–100 h)
3h/week	3 h	8–10 mo (100–120 h)	6–8 mo (75–100 h)	4–6 mo (50–75 h)