

The Ultimate SAT 3-Month Study Plan (2026 Edition)

A week-by-week roadmap to walk into test day fully prepared

Three months is enough time to build strong concepts, take multiple full-length practice tests, and walk into the SAT with confidence, as long as your prep is structured. This plan breaks your 12 weeks into clear phases: diagnosis, concept building, targeted practice, and final review.

Minimum prep time	80-100 hours total
Recommended pace	2 focused hours daily, or 6-8 hours/week
Daily structure	10 min warm-up drills + 60-90 min core practice + 20-30 min mistake review
Full-length practice tests	At least 4 across the 3 months (Weeks 1, 5, 9, and 12)

Weeks 1-6: Diagnose, Build, and Strengthen

Week 1	Baseline & Familiarisation	- Take a full-length practice test to assess your current level - Grade it using official SAT scoring guidelines - Spend ~3 hours reviewing incorrect, skipped, and guessed answers
Weeks 2-3	Conceptual Foundation	- Analyse Week 1 errors in detail - Identify weak areas across Math, Reading, and Writing - Strengthen foundational concepts; keep revising strong topics too
Weeks 4-5	Strengthen + Practice Test 2	- Take a second full-length practice test - Aim to beat your Week 1 score and timing - Review every question and log recurring mistakes
Weeks 6-8	Targeted Practice	- Use Week 5 results to guide your focus areas - Math: Advanced Math, Data Analysis, Geometry & Trigonometry, Algebra - EBRW: Main idea, inference, punctuation, grammar, parallelism

Weeks 9-12: Simulate, Review, and Rest

Week 9	Practice Test 3 (Real Conditions)	- Take a timed practice test under near-exam conditions - Rework every incorrect problem until mastered - Identify faster, more accurate strategies
Weeks 10-11	Final Review	- Focus on concepts you still miss 50% of the time - Revisit tricky sections: functions, quadratics, punctuation, synthesis questions - Balance light practice with review, avoid new topics this late

Week 12	Final Prep & Rest	• Take one final full-length practice test early in the week • Lightly revise key formulas and strategies • Take the last 2-3 days off to rest before test day
----------------	-------------------	--

Free Resources to Use Alongside This Plan

College Board (Official)	Official practice tests, scoring guidelines, and test-day guidance. Link your account to Khan Academy for personalised practice.
Khan Academy	Free, adaptive SAT practice built with the College Board, with skill-based lessons and progress tracking.
Magoosh, PrepScholar, Princeton Review, Kaplan	Free study guides, strategy videos, and diagnostic quizzes to supplement your core practice.

This plan is a guideline, adjust pacing based on your baseline score, school schedule, and how quickly you close gaps in practice tests. For personalised SAT mentoring and score strategy, explore Yocket Prep.