Free sample from The RC Car Driving & Tuning Planner. This is worksheet 3 of 12. Get all 12 worksheets: rccarcalc.com/kit/rc-car-driving-and-tuning-planner

8-Week Driving Plan

Three tracks, two sessions a week, counted in packs and numbered by week so it never goes stale

Driver	**Date started**
Track (A / B / C)	**Car**

Pick the track your self-check points to. Each session is built from packs, not minutes, because a pack is the natural unit of RC practice: pack 1 is a warm-up and a temperature check, the middle packs are drills from the Drill Library, and the last pack puts the skill under pressure. After every session, fill one row of the Session Log. Weeks are numbered, never dated, so you can start any week of the year and repeat a week that did not stick.

Rules for every session

- [ ] Check the car and the pack before the first run (sheet 11, before-every-run list)
- [ ] Pack 1 is always easy driving plus a motor temperature reading at 2 to 3 minutes (sheet 6)
- [ ] Run every drill as written in sheet 4, so setup and reps stay the same week to week
- [ ] Let the motor and the pack cool between packs; never charge a pack that is still warm from a run
- [ ] One tuning change per session at most, written in the Session Log before the next pack
- [ ] Repeat a week instead of moving on if the skill breaks down on the last pack

Track A: Control (level 1). New drivers and first bashers

Focus: smooth throttle, small steering inputs, driving toward yourself, stopping on a mark. Part throttle or the transmitter's throttle limit or training mode, if it has one, for weeks 1 to 4.

Week	Session	Warm-up pack	Drill packs	Pressure pack	Log
1	1	Easy laps + temp check	Throttle ladder, big figure-8	Figure-8, count clean laps	
1	2	Easy laps + temp check	Stop box, throttle ladder	Stop box, 10 attempts, count hits	

Week	Session	Warm-up pack	Drill packs	Pressure pack	Log
2	1	Easy laps + temp check	Big figure-8 both directions	Figure-8 toward yourself only	
2	2	Easy laps + temp check	Cone slalom, wide spacing	Slalom, no cones touched	
3	1	Easy laps + temp check	Oval laps, mark the braking point	5 laps, same braking point	
3	2	Easy laps + temp check	Reverse and park	Park in the box 5 times	
4	1	Easy laps + temp check	Figure-8, tighter	Figure-8 at more throttle, re-check level	
4	2	Easy laps + temp check	Slalom, tighter spacing	Slalom, timed, log the best	
5	1	Easy laps + temp check	Small ramp: roll-off landings	Roll-off, land on 4 wheels 5 times	
5	2	Easy laps + temp check	Oval laps both directions	Timed laps, log the best	
6	1	Easy laps + temp check	Small ramp: takeoff speed ladder	Same landing spot 5 times	
6	2	Easy laps + temp check	Weakest drill from your Session Log	That drill under a lap count	
7	1	Easy laps + temp check	Figure-8 into a slalom	Full course, count clean laps	
7	2	Easy laps + temp check	Stop box at higher speed	Stop box, 10 attempts	
8	1	Easy laps + temp check	Weakest drill again	Full course, timed	
8	2	Easy laps + temp check	Free drive	Re-run the level self-check	

Track B: Consistency (level 2). Bashers and new racers

Focus: repeatable laps, corner lines, jump takeoff speed and landing attitude, braking points.

Week	Session	Warm-up pack	Drill packs	Pressure pack	Log
1	1	Easy laps + temp check	Corner line: wide, apex, wide	Timed laps, log best and average	
1	2	Easy laps + temp check	Tabletop jump: takeoff speed ladder	Land 5 in a row on the downslope	
2	1	Easy laps + temp check	Braking point markers	10 laps, same marks	
2	2	Easy laps + temp check	In-air throttle and brake	Level landing 5 in a row	
3	1	Easy laps + temp check	Tight slalom at speed	Slalom timed, no cones touched	
3	2	Easy laps + temp check	Jump into a corner	Land already turned, 5 in a row	
4	1	Easy laps + temp check	Weakest drill from your log	10-lap run, log consistency	
4	2	Easy laps + temp check	One tuning change (sheet 7)	Same 10-lap run, compare	
5	1	Easy laps + temp check	Rhythm: two jumps in a row	Same line 5 times	
5	2	Easy laps + temp check	Late apex on a tight corner	Timed laps, log best and average	
6	1	Easy laps + temp check	Rough section: throttle through bumps	Full course, count mistakes	
6	2	Easy laps + temp check	Gearing check (sheet 6)	Full pack, temp at the end	
7	1	Easy laps + temp check	Full course, both directions	Pack-long run, count mistakes	
7	2	Easy laps + temp check	Weakest drill again	Pack-long run, log lap spread	
8	1	Easy laps + temp check	Simulated heat: 5-minute run	Log laps and mistakes	
8	2	Easy laps + temp check	Free drive	Re-run the level self-check	

Track C: Commitment (level 3) or crawling

Level 3 drivers use the left drill column; crawler drivers use the right one. Same weeks, same pack structure.

Week	Session	Level 3 drill packs	Crawler drill packs	Pressure pack	Log
1	1	Lap consistency: 10 laps inside 0.5 s	Line choice: walk it, then drive it	Clean run, no reverse	
1	2	Jump line: pick the landing, not the takeoff	Step climb: approach square	Same line 5 times	
2	1	Braking later, one mark at a time	Off-camber traverse	Clean run, no rollover	
2	2	In-air corrections on a bigger jump	Descent on drag brake, no throttle	Clean descent 5 times	
3	1	Passing line: inside on the brakes	Gate course, 3-point penalties	Scored run	
3	2	Tuning: one shock or oil change	Tuning: tire pressure (foam) or weight	Same run, compare	
4	1	Weakest drill from your log	Weakest drill from your log	Pack-long run	
4	2	Gearing for the track (sheet 6)	Gearing for crawl speed	Full pack, temp at the end	
5	1	Rhythm section: double into single	Wheel placement: one tire on the rock	Scored run	
5	2	Lap consistency under fatigue	Long trail pack, steady throttle	Log runtime vs plan	
6	1	Recover from a mistake without a second one	Recovery: back down and re-line	Scored run	
6	2	Tuning: diff fluid or spring change	Tuning: overdrive or underdrive check	Same run, compare	
7	1	Weakest drill again	Weakest drill again	Pack-long run	
7	2	Simulated main: race-length run	Full gate course	Scored run	
8	1	Setup review: keep or revert each change	Setup review: keep or revert each change	Best setup, full pack	
8	2	Free drive	Free drive	Re-run the level self-check	

Every drill named above is described in sheet 4: purpose, setup, reps, how to make it harder, and the usual mistake.

Researched guidance, not professional advice. Always follow the manual for your vehicle and the instructions printed on your battery and charger. Never charge a LiPo unattended, and never drive near people, pets or roads.