

The 95-minute stamina plan

Twelve passages without the passage-nine collapse. Calm pacing, small resets and a four-week endurance ladder.

THE SHORT ANSWER

Protect the whole section with three checkpoints: passage 4 by 30 minutes, passage 8 by 60, passage 12 by 91. Use the final four minutes for blanks and one or two high-value flags. This is not a speed-reading contest. Read closely, but stop one passage from consuming the time needed to read the rest.

Checked against the sources named in this guide, August 2026. British English. Free to share.

1 The averages are a budget, not a command

Section A gives 95 minutes for 42 questions across 12 passages. The plain averages are:

$$\frac{95}{12} \approx 7.9 \quad \frac{95 \times 60}{42} \approx 136$$

That is about 7 minutes 55 seconds per passage and 2 minutes 16 seconds per question. The passage calculation is more useful because reading time is shared by three or four questions. A dense four-question passage may deserve nine minutes; a clear three-question passage may take six.

The official advice says the LNAT does not place unusual emphasis on speed. That is not permission to drift. Patient reading and deliberate pacing can both be true.

1 The tell

Stamina failure often looks like a reading problem after minute 65: you reread without a question, choose stronger language than the passage used, or forget which view belonged to the author. Track when those errors begin, not only how many you made.

2 The 30 / 60 / 91 plan

Clock	Coverage	Decision
0–30 min	Passages 1–4 complete	Flag a question, not an entire reading mood
30–60 min	Passages 5–8 complete	Take a ten-second physical reset before passage 5
60–91 min	Passages 9–12 complete	Protect accuracy from fatigue; underline degree words
91–95 min	All 42 seen	Fill blanks first, then revisit the most finishable flag

You can start with any passage only if the live interface allows the navigation cleanly and your practice proves the choice helps. A complicated search for the “easy” passage often costs more attention than it saves.

3 A two-pass method inside each passage

Pass one, structure. Read for the author's problem, turn and conclusion. Mark at most three things: a contrast, a conclusion and a scope word. Do not decorate every sentence.

Pass two, question. Return to the exact lines the question activates. Compare each option with the passage. Kill an answer for one precise reason: too strong, wrong speaker, outside scope, reversed direction or unsupported cause.

Bank a question when you have compared the final two options twice and no new textual distinction appears. Choose the better-supported option, flag it and move. With no negative marking, a blank is the only answer that cannot earn a point.

2 Try it

For your next four passages, write the finish time and one fatigue signal: clean, reread, rushed option, lost author, or imported fact. The clock tells you where the section went; the label tells you what to train.

4 The ten-second reset

After passages 4 and 8:

1. place both feet flat;
2. release your jaw and shoulders;
3. look away from the text for one breath;
4. say the next job in six words: "new passage, find claim and limit";
5. continue before the reset becomes a break.

This is attention management, not a relaxation ceremony. Ten deliberate seconds can prevent two minutes of blank rereading.

5 Worked Section A: what fatigue adds to the page

Worked example The passage says "sometimes", the tired brain reads "always"

Passage. Public apologies are often criticised as empty performances. Some are. Yet the possibility of insincerity does not make the form useless. An apology can establish a public record of responsibility even when private remorse is uncertain. It should not replace compensation or reform, but it may begin both by removing the pretence that no wrong occurred.

Question. Which statement best reflects the author's position?

- A. Public apologies become valuable only when the speaker's private remorse can be proved conclusively.
- B. Public apologies are invariably empty performances that cannot establish responsibility in any useful way.
- C. Public apologies can matter without being sufficient remedies.
- D. Compensation and reform are both less important than securing a public apology first.

Correct: C. It preserves the limited claim: possible value, but not a substitute for repair.

Misreading: Condition invented, A: the passage allows public value even when remorse is uncertain.

Misreading: Fatigue absolute, B: "some are" becomes "all are" when the qualifier disappears.

Misreading: Hierarchy invented, D: the author says apology should not replace compensation.

Under fatigue, B can feel familiar because it repeats the opening criticism. The repair is not faster reading. It is a deliberate check for the author's turn: *yet*.

6 A four-week endurance ladder

Never jump from isolated questions to repeated full sections. Build length while review quality stays high.

Week	Main timed work	Success measure
1	Three 20-minute, 2–3 passage blocks	Exact misreading labels; no rushed final passage
2	Two 45-minute, 6-passage blocks	Stable accuracy in passages 5 and 6
3	One 70-minute, 9-passage block plus short sets	Reset works; final-third scope errors fall
4	Two full 95-minute sections on separate days	All 42 seen; band stable; review remains specific

Review for at least as long as the timed block. Re-read every wrong question untimed, name the misreading, then explain why the surviving answer is better in one sentence. Endurance without correction merely makes the same error last longer.

7 Sources

LNAT Consortium, Test format

The 95 minutes, 42 questions, 12 passages and review rules. [Read the official format.](#)

LNAT Consortium, Hints and tips

Patient reading, flagging, returning before Section A ends, no negative marking and the role of pacing practice. [Read the official advice.](#)

UniGenius community-pain research

Candidate reports of concentration dips and late-section collapse informed the endurance ladder. These are experience signals, not a measured official failure rate.

The 30 / 60 / 91 checkpoints are a UniGenius strategy. Test them on fresh material and adjust by one or two minutes if your evidence supports it.