

Link Velocity Optimization Workbook

Scale your backlink acquisition without triggering penalties.

Based on [Link Velocity Optimization How To Scale Backlink Acquisition Without Triggering Penalties](#)
by Casey's SEO

Understanding Link Velocity

In your own words, what is link velocity and why is it important for SEO?

Identifying Link Velocity Risks

What are the main dangers of getting link velocity wrong, according to the article?

Establishing Your Baseline

What is the recommended timeframe for tracking your baseline link velocity before scaling up?

Competitor Analysis

Besides analyzing your own backlink profile, what other analysis should you perform to understand normal link acquisition rates?

The Staircase Method - Foundation

What types of links are recommended for the first 1-2 months of the 'staircase method'?

The Staircase Method - Content

What kind of content should you create in months 3-4 to attract links?

The Staircase Method - Outreach

List two proactive strategies for link acquisition mentioned for months 5-6.

Avoiding Common Mistakes

Name one common link velocity mistake and how to avoid it.

Resources & Further Reading

Related guides to use with this workbook:

■ Link Velocity Optimization Checklist

<https://storage.googleapis.com/casey-s-seo-checklists-20260706-671cb5/casey-s-seo/Checklist/link-velocity-optimization-checklist.pdf>

■ Link Velocity Optimization Action Sheet

<https://storage.googleapis.com/casey-s-seo-checklists-20260706-021eb2/casey-s-seo/Action%20Sheet/link-velocity-optimization-how-to-scale-backlink-acquisition-without-triggering--action-sheet.pdf>

■ Colorado Springs SEO Blog

<https://caseysseo.com/seo-blog>

■ Colorado Springs Local SEO Company

<https://caseysseo.com/colorado-springs-local-seo/>

■ Google Maps Optimization Colorado Springs

<https://caseysseo.com/colorado-springs-google-maps-optimization/>

■ Why Colorado Springs Service Pages Outperform Blog Posts

<https://caseysseo.com/colorado-springs-service-pages/>

■ Contact Casey's SEO

<https://caseysseo.com/contact/>

■ Find Your Local Results

<https://caseysseo.com/>

■ About Casey's SEO

<https://caseysseo.com/about/>

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Build authority steadily and safely with smart link velocity optimization.