

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

Define link velocity in your own words based on the article.

Why Link Velocity Matters

According to the article, what are the primary dangers of getting link velocity wrong?

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 is recommended to understand your baseline link velocity?

The Staircase Method - Foundation

During months 1-2 of the 'staircase method,' what types of links should you focus on acquiring?

The Staircase Method - Content

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

The Staircase Method - Outreach

What are some examples of proactive outreach strategies mentioned for months 5-6?

Quality vs. Quantity

Why is focusing solely on the quantity of backlinks dangerous, according to the article?

Resources & Further Reading

Related guides to use with this workbook:

■ Link Velocity Optimization Checklist

<https://storage.googleapis.com/casey-s-seo-checklists-20260710-0cba72/casey-s-seo/Checklist/link-velocity-optimization-checklist.pdf>

■ Link Velocity Optimization Action Sheet

<https://storage.googleapis.com/casey-s-seo-checklists-20260710-0cba72/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 gradually and naturally to avoid Google penalties.