THE BARISTA TRAINING SERIES

The Barista Training Workbook

A practical program in 30 training sessions

Timothy Walker

The Barista Training Workbook

A practical program in 30 training sessions

Timothy Walker

Copyright © 2026 Timothy Walker. All rights reserved. Purchasers may photocopy or scan the explicitly marked practice masters and the blank completion certificate for personal or in-house training. Other reproduction requires permission.

Nespresso, K-Cup, Chemex, AeroPress, V60, Breville, Starbucks, Caribou Coffee, Jamaica Blue Mountain and other product and company names are trademarks of their respective owners. Names are used descriptively; no affiliation or endorsement is implied.

Training information

This book provides general training information. Follow your café's procedures, equipment manufacturers' instructions and local food-safety and allergen regulations, which take precedence over this book.

About the illustrations

The drink images, editorial scenes and cover artwork in this book are AI-generated illustrations, not photographs. Use the written quantities and site procedures; appearance does not establish exact quantity, temperature, safety or taste. Diagrams are explanatory, and imagined scenes do not show real people or places.

First edition, 2026

The Barista Training Workbook

Aligned practice modules W01–W28

How the Workbook follows the Handbook

Use the permanent W-number when recording progress. These identifiers remain the same if pages move. Read the named Handbook section first, then complete the purpose, comparison and evidence prompts.

Companion books: Use this workbook with The Barista's Handbook. W01–W28 remain the stable module identifiers.

Suggested learning sequence: W09 → W20 → W21 → W08 → W22 → W04 → W06 → W24 → W03 → W05 → W07 → W23 → W01 → W13 → W17 → W25 → W11 → W12 → W14 → W02 → W15 → W16 → W26 → W10 → W19 → W18 → W27 → W28. Trainers may introduce greeting, hygiene and order accuracy earlier to suit supervised service; the W-identifiers never change.

Your agreed training specification

Complete this with the trainer before using equipment. Record the actual model, operating instructions, ingredient and allergen procedures, house recipes and allowed alternatives. A self-study record is useful but is not an independent practical assessment; video cannot taste a drink or independently blind a comparison.

Check	Site specification / document and version
Machine / grinder	
Basket / dose / beverage yield	
Pump-start timing / agreed reference	
Milk products / measured targets	
Allergen and ingredient controls	
Cleaning / return-to-service procedure	
Available menu and equipment alternatives	
Trainer / learner / dates	

The existing W-identifiers stay fixed. Added practice within a module uses that module's Handbook reading. The 30-session plan is a suggested delivery schedule, not a claim that competence takes exactly thirty days. Use the five-criterion 0–2 rubric for module progress; the final practical checklist separately requires independent performance across repeated observations.

W01. Milk observation and control

Read first: Handbook Chapter 10 — Milk, texture and steaming.



Weigh the milk with hands off the jug and scale while reading the weight; use the exercise quantities.

Why this matters: Milk changes coffee's temperature, body, aroma, sweetness and the perception of acidity and bitterness. Steaming controls both the amount of air and the distribution of bubbles, so the result affects flavor as well as appearance.

What this comparison should reveal: How tip position changes sound, bubble size and integration; how the chosen product changes body, flavor and pour behavior; and why a measured temperature and starting quantity make one attempt comparable with the next.

Milk choice comparison

When the café has more than one approved milk, prepare the same small espresso-and-milk recipe with two products. Keep espresso, cup, starting milk quantity and target temperature constant. Check the current labels before beginning.

Evidence	Product A	Product B
Product and milkfat or formulation		
Date opened and starting temperature		
Sound during aeration		
Surface after swirling		
Pour behavior		
Body, sweetness and coffee balance		
Best use under the house specification		

Decision: What did the product change, what stayed the same, and what evidence supports the intended use? Do not infer that every milk with the same percentage or category will behave identically.

Progress at a glance

Record each session as it is completed. A session counts when its completion evidence is met, not when time is spent. Sessions can be repeated.

Session	Title	Date completed	Trainer initials	Repeat needed?
1	Name and map the bar			
2	Opening routine			
3	Grind recognition			
4	Filter brewing			
5	The tasting frame			
6	One variable at a time			
7	Measured dosing			
8	Distribution			
9	Level tamp			
10	Ten-puck consistency			
11	Complete extraction routine			
12	Dial in a known coffee			
13	Dial in an unfamiliar coffee			
14	Espresso and black drinks			
15	Wand control			
16	Uniform microfoam			
17	Measured temperature			
18	Texture by drink			
19	Complete milk routine			
20	Milk drinks			
21	Iced drinks			
22	Sink, float and cut			
23	The heart			
24	Core review, rosetta or tulip			
25	Flow diagnosis			
26	Taste diagnosis			
27	Service drift			
28	Sequencing and workplace checks			
29	Service simulation			
30	Final assessment			

This page tracks progress only. Completion is decided in the Instructor's final assessment.

Session 3: Grind recognition



Grind comparison: use real samples and the trainer's codes.

Use: W06; follow those modules' current Handbook reading.

Task: Compare six coded samples by sight and touch on two rounds.

Completion evidence: Identify five of six categories on each round with useful descriptions.

Record: Comparison grid and actual grinder context.

Date / time allowance	Consumable allowance	Evidence / next task / observer
1		

Session 4: Filter brewing



Filter brewing: an illustrative station. Follow the method and house recipe.

Use: W24, W03; follow those modules' current Handbook reading.

Task: Brew the available filter and immersion methods (for example R20 V60 Pour-Over, R22 French Press and R25 Batch Brew) using the revised recipes. Taste each cup before moving on.

Completion evidence: Available methods brewed correctly; unavailable methods marked theory-only.

Record: Method, recipe and tasting notes.

Date / time allowance	Consumable allowance	Evidence / next task / observer
1		