

Lesson 1: Boeing 737 Checkout**Fly This Lesson Now****Boeing 737-400 Quick Start***If you just want to get flying, here's a simplified approach to piloting.***Takeoff**

1. Line up on runway centerline.
2. Add full throttle.
3. Reaching 155 knots, begin pitch up to 20 degrees nose up.
4. Gear up.
5. At 1,000 above ground:
 - Flaps up.
 - Reduce power to 90 percent N1.
 - Target speed: 200 knots.

To stay in pattern

At 3,000 feet:

1. Reduce power to between 40 and 45 percent N1.
2. Pitch to between 5 and 6 degrees nose up.
 - Target speed: 180 knots.

To continue climbing

1. Pitch down to 15 degrees nose up.
2. Stay under 250 knots below 10,000 feet.
3. Climbing above 10,000 feet:
 - Adjust pitch to between 9 and 10 degrees nose up.
 - Climb at 280 to 300 knots (reduce pitch initially to 6 degrees to accelerate).

To level off

Simultaneously:

- Reduce power to between 70 and 72 percent N1.
- Pitch to 1 to 2 degrees nose up.

Landing (Straight-in)**At 20 nm out at 5,000 feet**

Target speed: 180 knots

1. Set power to between 50 and 55 percent N1.
2. Set flaps to 5.
3. Begin descent to be 3,000 feet at 10 nm.
4. Set power to 40 percent N1.
5. Set pitch 2.5 degrees nose up.
6. Slow to 170 knots.

Approaching 10 nm out at 3,000 feet

Target speed: 170 knots

At "glide slope alive" or between 11 and 12 nm out:

1. Gear down.
2. Set flaps to 15.
3. Set power between 52 and 55 percent N1.
4. Pitch to 0 degrees.

At glide slope or VASI intercept

1. Set flaps 30.
2. Pitch to 0 percent.

- Target speed: 150 knots (or Vref speed).

Crossing the runway threshold

1. Reduce power to idle.
2. Smoothly pitch up to 3 degrees.
3. Lower nose.
4. Apply reverse thrust: Press and hold **F2**.
5. Apply brakes: Press the **PERIOD (.)** key.
6. Disengage thrust reversers: Press **F1**.

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