Microsoft Test Lab Guides

Quoting, "Test Lab Guides (TLGs) allow you to get valuable hands-on experience with new products and technologies using a pre-defined and tested methodology that results in a working configuration. When you use a TLG to create a test lab, instructions define what servers to create, how to configure the operating systems and system services, and how to install and configure any additional products or technologies. A TLG experience enables you to see all of the components and the configuration steps on both the front-end and back-end that are required for a product or technology or for a multi-product or technology solution."

See, http://social.technet.microsoft.com/wiki/contents/articles/1262.test-lab-guides.aspx