

Weekly Training Program

Monday: Tactics & Openings

-  **Puzzle Rush / Storm** → 3× (3-min) ⌚ 10–12 min
 -  **Standard puzzles** → Accuracy 50–90% 🎯 (30 min)
 -  **Break** → 5–10 min
 -  **Openings course** → Watch videos + Take notes 📝 (1hr)
 - ⚠️ *Extra time:* Continue videos, ❌ No games.
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Tuesday: Calculation & Openings

-  **Puzzle Rush / Storm** → 3× (3-min) ⌚ 10–12 min
 -  **Medium/Hard puzzles** → 15 total, rated 300–600 higher than your puzzle rating (40–60 min)
 -  **Break** → 5–10 min
 -  **Openings course** → Watch + Notes (40 min)
 - ⚠️ *Extra time:* More hard puzzles, ❌ No games.
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Wednesday: Strategy & Middlegame

-  **Puzzle Rush / Storm** → 3× (3-min) ⌚ 10–12 min
 -  **Strategic puzzles** → Theme-based (40 min)
 -  **Break** → 5–10 min
 -  **Video courses** → Check Any Courses Not Connected to Openings and Endgames. ⌚ (1hr)
 - ⚠️ *Extra time:* Keep watching, ❌ No games.
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Thursday: Calculation & Endgame

-  **Puzzle Rush / Storm** → 3× (3-min) ⌚ 10–12 min
 -  **Medium/Hard puzzles** → 10 total, rated 300–600 higher (25–40 min)
 -  **Break** → 5–10 min
 -  **Endgame courses** → Course (“**Complete Endgame Course**”) → Then Course (“**Advanced Endgame Course**”).
 - Set up positions on the board/computer
 - Play stronger side vs bot  (60–70 min)
 - ⚠ *Extra time:* Watch training recordings, ❌ No games.
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Friday: Endgame & Defense

-  **Puzzle Rush / Storm** → 3× (3-min) ⌚ 10–12 min
 -  **Defensive puzzles** (40 min)
 -  **Break** → 5–10 min
 -  **Endgame courses** → Course (“**Complete Endgame Course**”) → Then Course (“**Advanced Endgame Course**”). Practice vs bot  (60–70 min)
 - ⚠ *Extra time:* Watch recordings, ❌ No games.
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Saturday: Game Day (1)

-  **Puzzle Rush / Storm** → 3× (3-min) ⌚ 10–12 min
 -  **Play games** → 6–10 rapid only (90 min)
 -  15+10  10+5  10+0
 -  **Game analysis** → Check openings, analyze deeply (30 min)
 - ⚠ *Rule:* If 3 losses in a row → take a 30-minute break.
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Sunday: Game Day (2)

-  **Puzzle Rush / Storm** → 3× (3-min) ⌚ 10–12 min
-  **Play games** → 6–10 rapid only (90 min)
 -  15+10  10+5  10+0
-  **Game analysis** → Same as Saturday (30 min)
-  **Deep review** → Write main reasons for losses, list weekly positives & negatives
-  **Rule:** If 3 losses in a row → 30-min break.

Follow this training program for 8 weeks. After that, you will move on to a more advanced schedule.