

Group 1 (1000 - 1400)

| WEEK | DATE AND TIME | СОАСН | TITLE |
|----------------------------------|--|------------------------|---------------------------------------|
| 1 | Friday 1 5:30 AM IST | GM Arunprasad | Lessons from the World Cup I |
| | Thursday 31 8:00 PM EST Saturday 2 5:30 AM IST | | Training Games |
| | Friday 1 8:00 PM EST Saturday 2 8:00 PM IST | | rraining Games |
| | Saturday 2 10:30 AM EST | GM Stany GA | Initiative in the opening |
| | Sunday 3 8:00 PM IST Sunday 3 10:30 AM EST | GM Surya Ganguly | Thematic pawn sacrifice |
| 2 | Tuesday 5 8:00 PM IST | GM RB Ramesh | Lessons from the World Cup II |
| | Tuesday 5 10:30 AM EST Wednesday 6 5:30 AM IST | | Blitz Tournament |
| | Tuesday 5 8:00 PM EST Wednesday 6 8:00 PM IST | | |
| | Wednesday 6 10:30 AM EST | | Training Games |
| | Thursday 7 8:00 PM IST Thursday 7 10:30 AM EST | | Blitz Tournament |
| | Friday 8 5:30 AM IST Thursday 7 8:00 PM EST | GM Magesh Panchanathan | Learn from the champions - Capablanca |
| | Saturday 9 5:30 AM IST Friday 8 8:00 PM EST | | Training Games |
| | Saturday 9 7:00 PM IST | GM RB Ramesh | Exercise Reviews |
| | Saturday 9 9:30 AM EST Saturday 9 8:00 PM IST | GM RB Ramesh | How to solve puzzles at home |
| | Saturday 9 10:30 AM EST Sunday 10 8:00 PM IST | | |
| | Sunday 10 10:30 AM EST | GM Magesh Panchanathan | Uncastled king |
| 3 | Monday 11 6:30 PM IST Monday 11 9:00 AM EST | | Review Test |
| | Tuesday 12 8:00 PM IST Tuesday 12 10:30 AM EST | GM Ankit Rajapara | Pawn strucutre - Space advantage |
| | Wednesday 13 5:30 AM IST Tuesday 11 8:00 PM EST | | Rapid Tournament |
| | Wednesday 13 8:00 PM IST | | Training Games |
| | Wednesday 13 10:30 AM EST Thursday 14 8:00 PM IST | | Rapid Tournament |
| | Thursday 14 10:30 AM EST Friday 15 5:30 AM IST | | |
| | Thursday 14 8:00 PM EST | WIM Priya Panneer | Building a good attack |
| | Saturday 16 5:30 AM IST Friday 15 10:00 PM EST | | Training Games |
| | Saturday 16 8:00 PM IST Saturday 16 10:30 AM EST | GM Surya Ganguly | Calculation training |
| | Sunday 17 8:00 PM IST Sunday 17 10:30 AM EST | GM Arunprasad | Initiative - Pawn sacrifice |
| 5 | Tuesday 19 8:00 PM IST | GM Kriszian Szabo | How to prepare at home |
| | Tuesday 19 10:30 AM EST Wednesday 20 5:30 AM IST | | Blitz Tournament |
| | Tuesday 19 8:00 PM EST Wednesday 20 8:00 PM IST | | |
| | Wednesday 20 10:30 AM EST | | Training Games |
| | Thursday 21 8:00 PM IST Thursday 21 10:30 AM EST | | Blitz Tournament |
| | Friday 22 5:30 AM IST Thursday 21 8:00 PM EST | GM RB Ramesh | Learn from the champions - Lasker |
| | Saturday 23 5:30 AM IST Friday 22 10:00 PM EST | | Training Games |
| | Saturday 23 7:00 PM IST | GM Surya Ganguly | Exercise Reviews |
| | Saturday 23 9:30 AM EST Saturday 23 8:00 PM IST | GM Magesh Panchanathan | Practical King Pawn Endgames |
| | Saturday 23 10:30 AM EST Sunday 24 8:00 PM IST | | |
| | Sunday 24 10:30 AM EST Monday 25 6:30 PM IST | WGM Josefine Heinemann | Lessons from my own games |
| | Monday 25 9:00 AM EST | | Review Test |
| | Tuesday 26 8:00 PM IST Tuesday 26 10:30 AM EST | GM Marian Petrov | Pawn structure - Backward pawns |
| | Wednesday 27 5:30 AM IST Tuesday 26 8:00 PM EST | <u> </u> | Rapid Tournament |
| | Wednesday 27 8:00 PM IST | | Training Games |
| | Wednesday 27 10:30 AM EST Thursday 28 8:00 PM IST | | Rapid Tournament |
| | Thursday 28 10:30 AM EST Friday 29 5:30 AM IST | | · |
| | Thursday 28 8:00 PM EST | WIM Michelle Catherina | Initiative - Piece activity |
| | Saturday 30 8:00 PM IST Saturday 30 10:30 AM EST | GM Karthikeyan Murali | Petrosians exchange sacrifices |
| | Saturday 30 9:30 PM IST Saturday 30 12:00 PM EST | | Student - Coaches Meeting |
| Register at prochesstraining.com | | | |

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