

ChessGoals Study Plans

*Let us help you reach your chess goals!*

Beginner and Advanced Beginner Study Plans

New to chess and don’t have a rating or

<1100 rating on Chess.com Blitz, USCF, or FIDE

**Introduction**



Hi! I’m National Master Matt Jensen.

I’ve played chess for over 30 years and coached for 25+ years. I obtained the USCF National Master title at 29 after years of intense study as an adult. Subscribe to the [ChessGoals YouTube Channel](https://youtube.com/chessgoals) to understand my teaching style.

I have a degree in Statistics and have combined my love of numbers and chess to form the ChessGoals project. Survey data from over 400 chess learners guided the recommendations in the ChessGoals study plans.

The structured 12-week study plan will give you daily activities to complete. We will do our best to answer common questions within this plan. There are some recommended purchases, but you can run this plan for free if you’d like to.

For support and accountability, join the [ChessGoals community](https://www.patreon.com/chessgoals) for as little as $5/month. Other study plan experts and I will help guide you.

**Getting Started**

1. Set up a free [chess.com](https://www.chess.com/membership?ref_id=2726164) membership if you do not have one already.
2. Join the [ChessGoals Club](http://go.chess.com/chessgoals/) on chess.com and introduce yourself to the community.
3. Consider joining the [ChessGoals community](https://www.patreon.com/chessgoals) and introduce yourself. We have study plan channels to help guide you on your journey.
4. Start one [Daily game](http://chess.com/daily?ref_id=2726164). Daily games are games where you have 1-3 days to make each move. We recommend selecting three days per move. You will be checking this game once per day.
5. Recommended book purchases
   1. We recommend purchasing Logical Chess Move by Move for new players and players with <800 rating. This book will teach you the fundamentals.
   2. For players >800, we recommend purchasing [Silman’s Endgame Course](https://www.amazon.com/gp/product/1890085103/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=1890085103&linkCode=as2&tag=chessgoals07-20&linkId=88d8603112024cd8a52e4c9779cf96e3). This endgame book is helpful at the master level and beyond. Check out the [Top 3 Endgame Books](https://chessgoals.com/3-best-chess-endgame-books/) if you’d like to use a different endgame book.
6. If you want to improve at over-the-board chess, having access to a physical chessboard with coordinates (example: [Tournament Chess Set](https://www.amazon.com/gp/product/B009RSFQD2/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B009RSFQD2&linkCode=as2&tag=chessgoals07-20&linkId=22ed3310d74a62f675b5137fdcc1d084)) will be helpful. Training with physical pieces will help you visualize in 3D.
7. Log your ratings here:
   1. Chess.com Blitz \_\_\_\_\_
   2. Chess.com Rapid \_\_\_\_\_
   3. USCF \_\_\_\_\_ (if applicable)
   4. FIDE \_\_\_\_ (if applicable)
8. Familiarize yourself with the Chess.com site
   1. [ChessGoals Club](http://go.chess.com/chessgoals/)
   2. [Live chess](https://www.chess.com/play/online?ref_id=2726164)
   3. [Puzzles](https://www.chess.com/puzzles/rated?ref_id=2726164)
   4. [Lessons](https://www.chess.com/lessons?ref_id=2726164)
   5. [Vision Training](https://www.chess.com/vision?ref_id=2726164) (optional, but can help with notation in Logical Chess book)
9. Get ready to have fun! Focus on following the process, and the rating will follow.

**Tasks Explained**

**Daily game:** Spend approximately 5 minutes per move. Since there is no clock, try to think critically about each move. Apply what you’ve learned in Logical Chess Move by Move and the chess.com lessons in these daily games. Downloading the chess.com app is an easy way to make chess moves anytime throughout the day. Aim to make a move on each game when it’s your turn, about 5-10 minutes per day. Go into analysis mode and think of two positive takeaways and one takeaway to improve on after each game finishes.

**Rapid Games:** We recommend playing at a 15+10 time control or slower. These games can be replaced by over-the-board (OTB) rated events like USCF or FIDE. Go into analysis mode and think of two positive takeaways and one takeaway to improve on after each game. 10+0 games are OK in a time crunch, but playing with an increment will help build better endgame habits.

**Blitz Games:** To be played at a 5+5 or 3+2 time control. Go into analysis mode and think of two positive takeaways and one takeaway to improve on after each game. Many people ask: [Can blitz make you a better chess player](https://chessgoals.com/blitz-chess/)? The answer is yes!

**Game Analysis:** Retry mistakes or look at key moments after each game in analysis mode. Take advantage of Chess.com’s analysis features. After each game, tell yourself *two* positive and *two* constructive takeaways. You either win or learn; when you win, you also learn. More tips on game analysis - <https://chessgoals.com/game-analysis/>

**Logical Chess Move by Move:** Play through these games with your physical chess set. Try to anticipate what moves the players will play and think about why the moves work. Plan to spend around 45-60 minutes per game. If three games per week are too much, split the games across different days.

**Five Basic Endgames:** You can learn the last three on Chess.com’s [Winning the Game Lesson](https://www.chess.com/lessons/winning-the-game?ref_id=2726164) and practice them with Chess.com’s [Checkmate Drills](https://www.chess.com/endgames/checkmates). Matt also reviews these basic endgames on the ChessGoals YouTube channel.

1. King and Two Queens vs. King
2. King, Queen, and Rook vs. King
3. King and Two Rooks vs. King
4. King and Queen vs. King
5. King and Rook vs. King

**Silman’s Endgame Course:** If you have the Five Basic Endgames down, work through this book during the twelve weeks on endgame days. Use your physical board to practice the endgame positions.

**Chess.com Puzzles:** Work your way through the regular puzzles. When you get a puzzle incorrect, try it a second time. If still incorrect, try to understand why the answer works. This technique will build your pattern recognition over time and is very important. You can also use [puzzle rush](https://www.chess.com/puzzles/rush?ref_id=2726164) or [puzzle battle](https://www.chess.com/puzzles/battle?ref_id=2726164) for this section.

**Chess.com Lessons:** This will be at your own pace, but stick to our recommended time allotments. Work your way through the lessons in order.

**Openings:** The least important item to study for beginners. If you have a Chess.com premium membership, there are some excellent lessons on openings ([Opening Principles](https://www.chess.com/lessons/opening-principles?ref_id=2726164) and [Intro to Book Openings](https://www.chess.com/lessons/intro-to-book-openings?ref_id=2726164)). [Winning Chess Openings](https://www.amazon.com/gp/product/1857443497/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=1857443497&linkCode=as2&tag=chessgoals07-20&linkId=6b668d8906bb2106501eaaad61520268) by Yasser Seirawan is recommended if you prefer a paperback book. ChessGoals has free opening courses called Quick Start courses that are perfect for beginners and prepare you for our opening courses at the intermediate level and beyond. [Caro-Kann Quick Start](https://courses.chessgoals.com/courses/caro-kann-quick-start-for-black).

**Vision:** [Vision training](https://www.chess.com/vision?ref_id=2726164) is optional. If you’re struggling with the chess coordinates, that’s completely normal. Chess speak is like learning a new language; vision training will help understand the square names.

**Two Tracks**

If you are new or rated under 800, start on page 7 with the Beginner 1 plan.

If your rating is between 800 and 1099, begin on page 21 with the Beginner 2 plan.

After completing a 12-week schedule, reevaluate which plan you’d like to run next.

BEGINNER 1

12-WEEK PLAN

Week 1 - Rapid & Tactics

Since you will be waiting for the Logical Chess book to arrive, we will play more games. Start each day with your Daily game and solve five puzzles. Try to take your time on the puzzles, as described in the Tasks Explained section. Start a [new forum topic](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) titled “X’s study plan” and replace X with your name. Introduce yourself on the Discord server if you [joined](https://www.patreon.com/chessgoals) ChessGoals. A common question is how to analyze games. Check out this blog post on [game analysis tips](https://chessgoals.com/game-analysis/).

| Day 1 | * Daily game [See tasks explained] * Solve five puzzles * Play one rapid game (15+10 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Chess.com Lessons for 45 minutes |
| Day 7 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Learn 5 Endgames |

Week 2 - Blitz & Game Analysis

Time to start on Logical Chess Move by Move. The first 16 games in the book cover kingside attacks. We will focus on playing more games this week by playing primarily blitz.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 1 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 2 |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 3 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice the Five Basic Endgames |

Week 3 - Rapid

Shifting back to playing more rapid games this week. Try to implement ideas learned in lessons and Logical Chess MBM in your games.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 4 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 5 |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 6 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 4 - Blitz

Let’s play more games this week by playing primarily blitz.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 7 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 8 |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 9 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 5 - Rapid

One-third of the way through twelve weeks! Now would be a good time to compare your ratings to where you started. You should probably see some rating gains already, but if you don’t, it’s OK! Stick with the plan; you’ve been focused for four weeks already.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 10 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 11 |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 12 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 6 - Blitz

You’re almost to the halfway point!

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 13 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 14 |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 15 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 7 - Rapid

You’re halfway done with the twelve weeks! Go check in on the ChessGoals Club and let the members know how you’re doing! I hope you are enjoying the [Discord community](https://www.patreon.com/chessgoals) if you join.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 16 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 17 |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 18 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 8 - Blitz

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 19 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 20 |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 21 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 9 - Rapid

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 22 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 23 |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 24 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 10 - Blitz

3/4ths of the way done! Finish strong!

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 25 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 26 |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 27 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 11 - Rapid

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 28 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 29 |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 30 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

Week 12 - Blitz

Last week!

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 25 |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 4 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 26 |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) |
| Day 6 | * Daily game * Solve five puzzles * Logical Chess Move by Move Game 27 |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes * Practice 5 Endgames |

**Congrats, you’ve completed the 12-week program!**

Revisit your ratings from the program's start and compare them to your current ratings.

How did you do? You can rerun this plan or move on to the next one.

Please send me an email ([matt@chessgoals.com](mailto:matt@chessgoals.com)) and let me know your thoughts on the program. Post your results on the Discord server as well!

BEGINNER 2

12-WEEK PLAN

Week 1 - Rapid

Each day, start with your daily game and solve five puzzles. Try to take your time on the puzzles, as described in the Tasks Explained section. Start a [new forum topic](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) titled “X’s beginner study plan” and replace X with your name. Introduce yourself on the Discord server if you [joined](https://www.patreon.com/chessgoals) ChessGoals.

| Day 1 | * Daily game [See tasks explained] * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 3 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 4 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Chess.com Lessons for 45 minutes |
| Day 7 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |

Week 2 - Blitz

Blitz week time! At the end of this week, we will spend a day working on openings.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 4 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 6 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes |

Week 3 - Rapid

Shifting back to playing more rapid games this week. Try to start implementing ideas learned from reviewing your games.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 3 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 4 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Chess.com Lessons for 45 minutes |
| Day 7 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |

Week 4 - Blitz

One-quarter of the way done! We will add endgames to the end of this week.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 4 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 6 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 7 | * Daily game * Solve five puzzles * Silman’s Endgames Part One |

Week 5 - Rapid

One-third of the way through twelve weeks! Now would be a good time to compare your ratings to where you started. You should probably see some rating gains already, but if you don’t, it’s OK! Stick with the plan; you’ve been focused for four weeks already.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 3 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 4 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Chess.com Lessons for 45 minutes |
| Day 7 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |

Week 6 - Blitz

You’re almost to the halfway point! Back to openings at the end of this week.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 4 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 6 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes |

Week 7 - Rapid

You’re halfway through the twelve weeks! Go check in on the ChessGoals Club and let the members know how you’re doing! I hope you are enjoying the Discord community if you join.

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 3 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 4 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Chess.com Lessons for 45 minutes |
| Day 7 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |

Week 8 - Blitz

Time for some new endgames this week!

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 4 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 6 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 7 | * Daily game * Solve five puzzles * Silman’s Endgames Part Two - Minor Piece vs. Queen |

Week 9 - Rapid

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 3 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 4 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Chess.com Lessons for 45 minutes |
| Day 7 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |

Week 10 - Blitz

3/4ths of the way done! Finish strong!

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 4 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 6 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 7 | * Daily game * Solve five puzzles * Openings for 45 minutes |

Week 11 - Rapid

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 3 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 4 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |
| Day 5 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) |
| Day 6 | * Daily game * Solve five puzzles * Chess.com Lessons for 45 minutes |
| Day 7 | * Daily game * Solve five puzzles * Play one rapid game (15+10 time control) * Game Analysis |

Week 12 - Blitz

Last week!

| Day 1 | * [Update study plan post](https://www.chess.com/clubs/forum/chess-goals?ref_id=2726164) * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| --- | --- |
| Day 2 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 3 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 4 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 5 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 6 | * Daily game * Solve five puzzles * Play four blitz games (5+5 time control) * Game analysis |
| Day 7 | * Daily game * Solve five puzzles * Silman’s Endgames Part Two - Understanding the King and part two test |

**Congrats, you’ve completed the 12-week program!**

Revisit your ratings from the program's start and compare them to your current ratings.

How did you do? You can rerun this plan or move on to the next one.

Please send me an email ([matt@chessgoals.com](mailto:matt@chessgoals.com)) and let me know your thoughts on the program. Post your results on the Discord server as well!