

# Chess Training for Intermediate Players

” Success has to do with deliberate practice. Practice must be focused, determined, and in an environment where there is feedback. - Gladwell ”

## The chess training plan

**i** The following chess training plan is geared for adult intermediate players with a current rating from 1500-1800.

The goal is to gain 100-200 rating points in one year following this plan.

## Features of the plan

- \* Practical for those with limited study time
- \* Focused on deliberate practice (active learning)
- \* Based on spaced repetition training
- \* Builds on a foundation of pattern recognition
- \* Focused on sports psychology
- \* Endgame studies as a way to improve calculation
- \* self-directed

### Training Book List

- [Endgame Challenge](#)
- [Chess Endgame Training](#)
- [Chess Training for Post Beginners: A Basic Course in Positional Understanding](#)
- [Test Your Chess IQ](#)
- [Can You Be a Positional Chess Genius?](#)

### Additional Resources

- [Recommended Chess Books](#)
- [Anatomy of a Chess Player](#)
- [Chess Downloads](#)
- [Chess Strategy](#)

## Training Schedule

### Monday

Tactics	<a href="#">Test Your Chess IQ</a>
Solve Studies	<a href="#">Endgame Challenge</a>
Study Strategy	<a href="#">Chess Training for Post Beginners</a>

### Tuesday

Tactics	<a href="#">Chesstempo.com</a>
Solve Positional	<a href="#">Can You Be a Positional Chess Genius?</a>
Study Positional	<a href="#">Can You Be a Positional Chess Genius?</a>

### Wednesday

Play	G > 30
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### Thursday

Review Game	
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### Friday

Tactics	<a href="#">Test Your Chess IQ</a>
Study Endgame	<a href="#">Chess Endgame Training</a>

### Saturday

Tactics	<a href="#">Test Your Chess IQ</a>
Study Openings	Work on your opening repertoire.
Solve Studies	

### Sunday

Tactics	<a href="#">Test Your Chess IQ</a>
Solve Positional	<a href="#">Can You Be a Positional Chess Genius?</a>
Play	Play for fun. Can be blitz.