

CHES DNA REPORT

@SamplePlayer

Lichess · 189 games analyzed · 2026-08-31 to 2026-10-04 · Blitz rating 1622

Sharp-eyed blitz fighter who builds good positions, then races the clock

Solid opener

Clock-starved finisher

Opportunist

“I build great positions out of the opening; now I'm training to make sure the clock doesn't steal them.”

Sharp-eyed blitz fighter who builds good positions, then races the clock

You come out of the opening in good shape and almost never stumble early. You also pounce on your opponents' blunders most of the time. The trouble starts in the middlegame and late phase, where hung pieces, quiet slips and a shrinking clock turn good games into losses, very often on time.

SCORE

52.6%

96 W · 7 D · 86 L

MOVE ACCURACY

88.1%

Lichess formula, all your moves

BLUNDERS PER GAME

0.7

+ 0.6 mistakes per game

LOSSES ON TIME

60.5%

52 of 86 losses

WINNING POSITIONS
CONVERTED**62.8%**

91 of 145 games

OPPONENT BLUNDERS
PUNISHED**72.8%**

107 of 147


 96 wins · 7 draws · 86 losses

What you already do well

Clean, reliable openings

You make only 1.0 serious errors per 100 moves in the first ten moves. You rarely start a game behind, which gives you a solid base to build on.

In the opening (moves 1-10) you make 1.0 mistakes or blunders per 100 moves (7.2% of all your serious errors).

You punish opponents' blunders

When your opponent blunders, you find a good reply right away most of the time, 107 out of 147. Your tactical alertness to their mistakes is a real asset.

Your opponents blundered 147 times; you found a good reply right away 107 times (72.8%).

Your 3 recurring weaknesses

- Losing games to the clock** — 52 of your 86 losses (60.5%) were on time.
- Leaving pieces en prise** — 23.7% of your mistakes and blunders (59) come from one pattern: leaving a piece en prise.
- Letting winning positions slip away** — You reached a clearly winning position (+3 or better after move 10) in 145 games and won 91 of them (62.8%).

YOUR TREND

How your play moved over 189 games

Every game from 2026-08-31 to 2026-10-04, in order. Rating comes from Lichess; accuracy is computed by our code from Stockfish's evaluation of each of your moves.

Your blitz rating, game by game

FIRST GAME

1651

LAST GAME

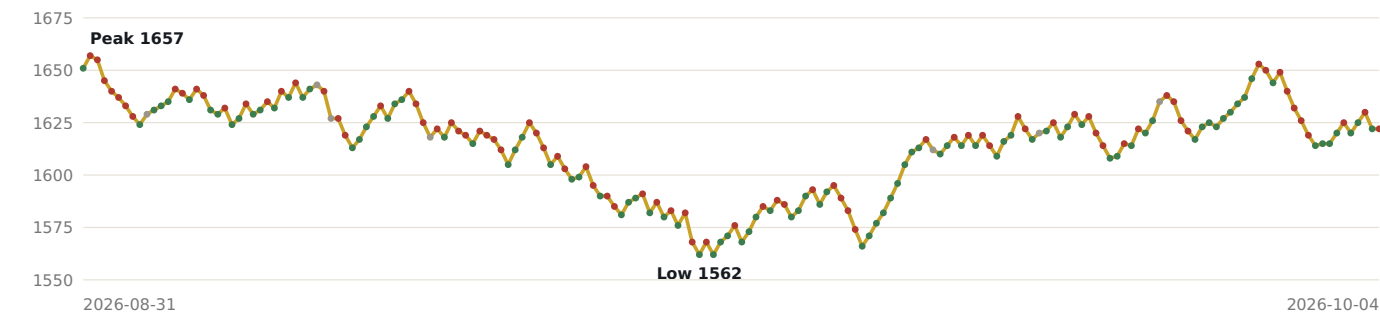
1622

PEAK

1657

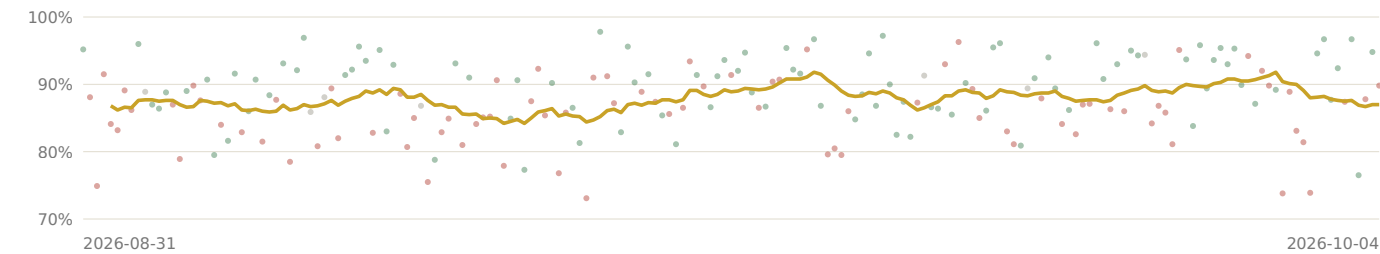
LOW

1562



Your Lichess rating at the start of each of your 184 blitz games (-29 points over the period). Dots: win, loss, draw in grey.

Your move accuracy, game by game



Dots: accuracy of each game. Gold line: average of your last 15 games at each point.

First half against second half

	GAMES 2026-08-31 TO 2026-09-26	GAMES 2026-09-26 TO 2026-10-04	CHANGE
Score	47.9%	57.4%	+9.5
Move accuracy	87.4%	88.9%	+1.5
Blunders per game	0.8	0.6	-0.2
Losses on time (share of losses)	59.6%	61.5%	+1.9

Halves of 94 and 95 games. Short-term swings are normal; the 30-day plan targets what moves these numbers.

Losing games to the clock

52 of your 86 losses (60.5%) were on time.

52 of your 86 losses were on time, so the clock beats you more often than your opponents do. In games past move 25 where you dip into time trouble, you lose 55 of 81. Fixing your clock habits is the single biggest source of points in your data.



FROM YOUR BLITZ GAME OF 2026-09-24

Black to play. You played **33... Rh8** with 6 s on your clock; stronger was **Qd4**.

Your winning chances went from **97%** to **0%** with this move.

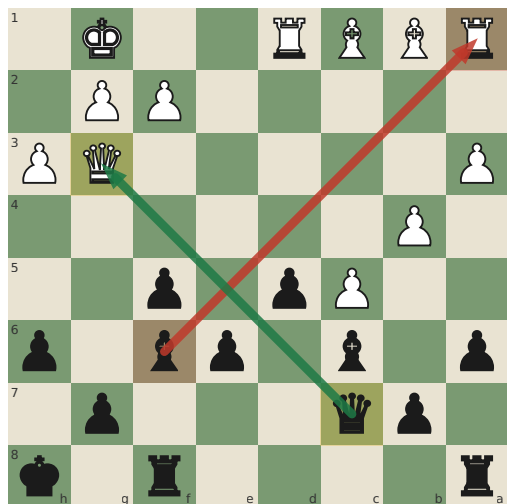
How to fix it

- Keep a time budget: aim to still have at least half your clock when the middlegame starts. You currently spend 23.2% of it on your first 15 moves.
- Once you fall under a third of your clock, switch to 'safe and fast': simple developing or trading moves, and no long calculations unless something is hanging.
- Play a few 3+2 or 5+3 games each week instead of no-increment blitz so you build fast-move habits without flagging.

Leaving pieces en prise

23.7% of your mistakes and blunders (59) come from one pattern: leaving a piece en prise.

Leaving a piece en prise accounts for 59 of your mistakes and blunders, nearly a quarter of them. Your knight is the piece you hang most often. These are the most avoidable points you give away, and they mostly happen in the middlegame, where most of your serious errors occur.



FROM YOUR BLITZ GAME OF 2026-09-25

Black to play. You played **24... Bxa1** with 184 s on your clock; stronger was **Qxg3**.

Your winning chances went from **95%** to **11%** with this move.

How to fix it

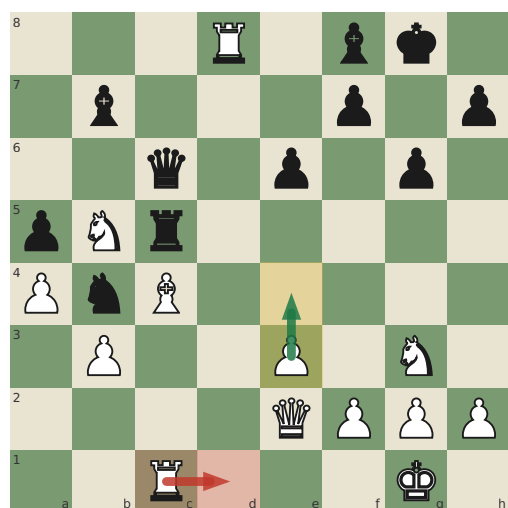
- Before every move, run a two-second safety check: 'What does my move leave undefended, and what can their last move attack?'
- Pay special attention to your knights. They are your most-hung piece, so ask whether each one is defended after every move.
- Do daily 'hanging piece' and 'undefended piece' puzzle sets, and solve them with your own two-second check before you move.

Train it in this report: 9 of your 50 exercises come from this exact pattern in your own games (exercises 5, 6, 15, 16, 24, 37, 45, 47 and 1 more).

Letting winning positions slip away

You reached a clearly winning position (+3 or better after move 10) in 145 games and won 91 of them (62.8%).

You reached a clearly winning position in 145 games but won only 91 of them. Those unconverted games are wins you had already earned. Endgame technique slips and late time trouble are the likely leaks.



FROM YOUR BLITZ GAME OF 2026-09-24

White to play. You played **27. Rcd1** with 88 s on your clock; stronger was **e4**.

Your winning chances went from **96%** to **0%** with this move.

How to fix it

- When you're clearly winning, trade pieces, especially queens, and simplify instead of hunting for more.
- Practice basic winning endgames against the computer (rook endgames, extra-pawn endgames) until you can win them quickly.
- In winning positions, spend your remaining time on safety, not brilliance: check your opponent's threats first on every move.

Train it in this report: 28 of your 50 exercises come from this exact pattern in your own games (exercises 1, 2, 3, 4, 5, 6, 7, 9 and 20 more).

OPENINGS

Your winning and losing openings

Your opening results are mostly healthy, and your error rate there is very low. The Slav Defense with White is a clear winner. The Queen's Gambit Accepted with White is a real problem, with 9 losses in 11 games. With Black, the Sicilian makes up a big share of your games and scores an even 50.0%, so small improvements there will pay off often.

With White · 92 games · 51.6% score

OPENING	GAMES	W-D-L	SCORE		EVAL AT MOVE 12	ERRORS BEFORE MOVE 12
Queen's Gambit Declined	24	12-1-11	52.1%		+0.5	5
Queen's Gambit Accepted	11	2-0-9	18.2%		+1.1	2
Slav Defense	9	8-0-1	88.9%		+0.7	1
Englund Gambit	7	3-0-4	42.9%		+1.9	1
Dutch Defense	6	3-0-3	50%		+2.5	0
Benoni Defense	6	2-0-4	33.3%		-1.4	2
Indian Defense	5	2-0-3	40%		+1.5	1
Horwitz Defense	4	3-0-1	75%		+2.6	0
King's Indian Defense	4	1-0-3	25%		-0.9	1
Semi-Slav Defense	3	2-0-1	66.7%		+0.3	0

With Black · 97 games · 53.6% score

OPENING	GAMES	W-D-L	SCORE		EVAL AT MOVE 12	ERRORS BEFORE MOVE 12
Sicilian Defense	55	26-3-26	50%		+0.4	7
Indian Defense	12	8-0-4	66.7%		+0.9	3
Old Indian Defense	11	6-0-5	54.5%		-0.6	1

London System	4	3-0-1	75%		-0.2	0
King's Indian Defense	4	2-1-1	62.5%		-0.8	0

Score bar: green from 55%, red under 45%. Eval at move 12: Stockfish's average evaluation of your position after your 12th move, in pawns (+ = you are better).

Keep

- Your play against the Slav Defense with White
- Queen's Gambit Declined lines
- Your Indian Defense setups with Black

Change

- Review how you handle the Queen's Gambit Accepted with White
- Build a clearer middlegame plan for your main Sicilian lines
- Look at your Benoni Defense games, where you often come out of the opening worse

How your clock shapes your results

Time is your biggest leak. Most of your losses come on the clock, and your error rate rises from 3.6 to 5.5 per 100 moves once you're under 10% of your time. Spending 23.2% of your clock in the first 15 moves leaves too little for the middlegame, where most of your errors happen.

LOSSES ON TIME

60.5%

52 of 86 losses

ERRORS IN TIME TROUBLE

5.5

per 100 moves, against 3.6 with time

LONG GAMES LOST IN TIME TROUBLE

67.9%

55 of 81 games past move 25

Mistakes + blunders per 100 moves, by clock left

over 50% of your clock		2.7	4222 moves
25 to 50% of your clock		5.9	977 moves
10 to 25% of your clock		5.7	704 moves
under 10% of your clock		5.5	712 moves
Moves played in time trouble (under 10% of the clock)		10.8%	
Mistakes + blunders per 100 moves in time trouble		5.5	
... and with time on the clock		3.6	
Share of your serious errors made in time trouble		15.7%	
Clock spent on your first 15 moves		23.2%	
Games past move 25 with time trouble: lost		55 of 81	
Losses on time		52 of 86 losses	

Your clock rules for the next 30 days

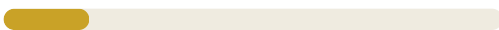
1. Have at least 75% of your clock left after move 15: play your known opening moves quickly.
2. No single think longer than about 10% of your remaining time unless material is hanging.
3. Under a third of your clock, simplify and trade; under 10%, play only safe, fast moves.

RECURRING ERRORS

Where your points go

All 249 mistakes and blunders found by Stockfish in your games, sorted by game phase and by pattern.

By game phase

PHASE	MISTAKES + BLUNDERS PER 100 MOVES		ACCURACY	SHARE OF ERRORS
Opening		1	91.5%	7.2%
Middlegame		5.8	84.6%	71.9%
Endgame		3.2	90.9%	20.9%

Opening = your first 10 moves; endgame = little material left on the board.

By pattern

Quieter positional slips (no immediate tactic)		43.8%	109 errors · 21 exercises
Leaving a piece en prise		23.7%	59 errors · 9 exercises
Endgame technique slips		15.3%	38 errors · 9 exercises
Missing a tactic that wins material		11.6%	29 errors · 9 exercises
Allowing a mating attack		4.4%	11 errors · 2 exercises
Missing a forced mate		1.2%	3 errors

Patterns are simple rules read from the engine's lines (for example: the engine's reply wins a piece of yours), not a human annotation.

Pieces you left en prise

8 knights

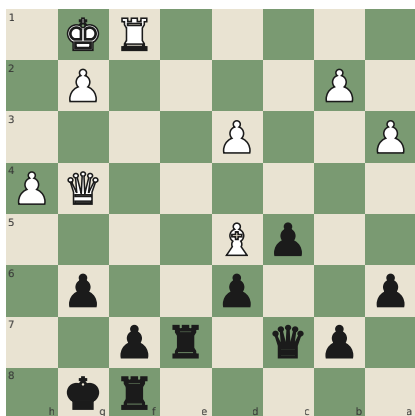
7 pawns

6 queens

6 bishops

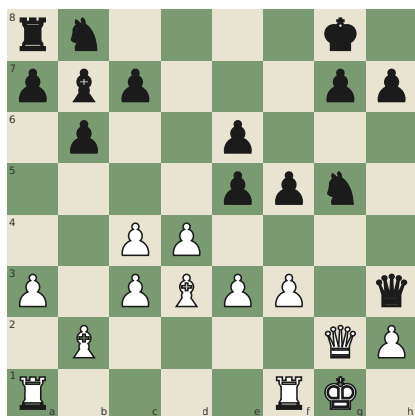
6 rooks

EXERCISES FROM YOUR OWN GAMES · 1 TO 6 OF 50



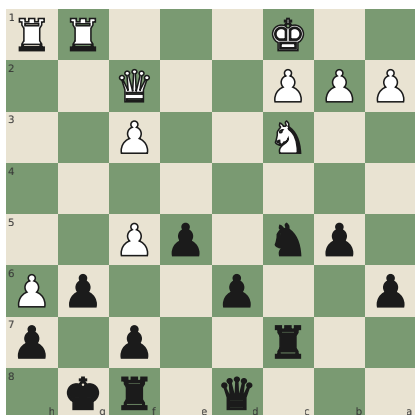
1. Black to play · move 26

Your blitz game, 2026-09-24. Find the strongest move.



2. White to play · move 21

Your blitz game, 2026-09-15. Find the strongest move.



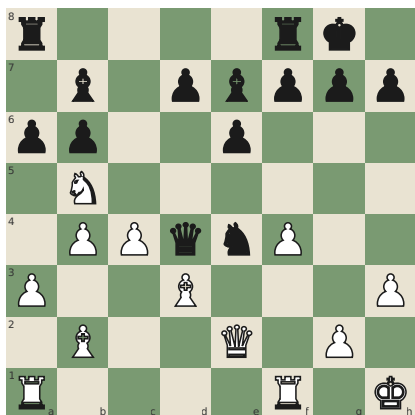
3. Black to play · move 23

Your blitz game, 2026-09-30. Find the strongest move.



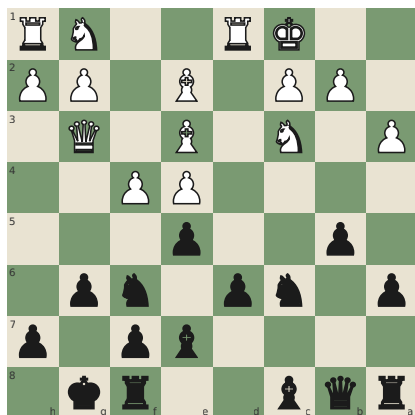
4. Black to play · move 20

Your blitz game, 2026-09-14. Find the strongest move.



5. White to play · move 18

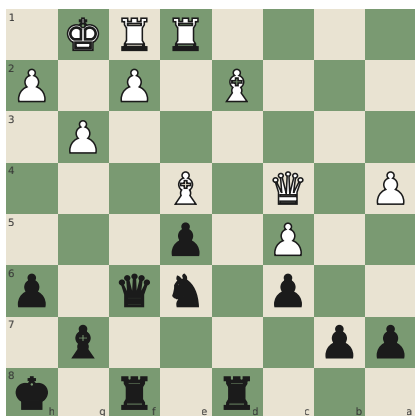
Your blitz game, 2026-09-29. Find the strongest move.



6. Black to play · move 15

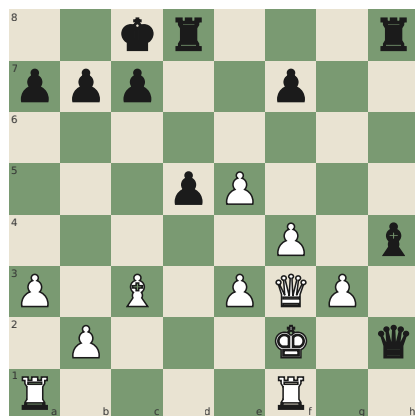
Your blitz game, 2026-09-01. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 7 TO 12 OF 50



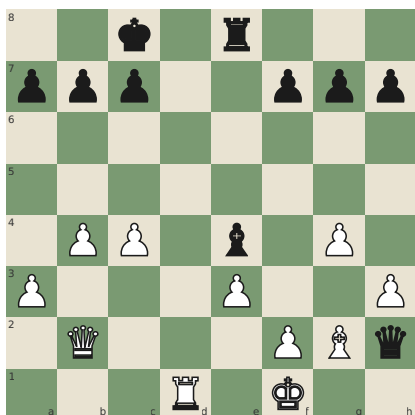
7. Black to play · move 26

Your blitz game, 2026-09-17. Find the strongest move.



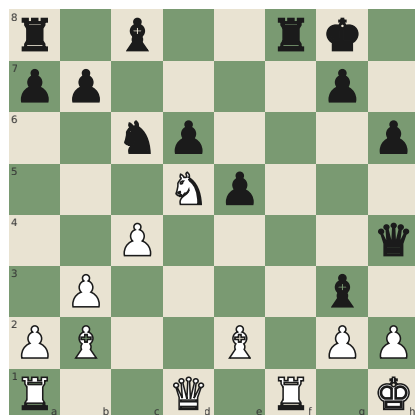
8. White to play · move 25

Your blitz game, 2026-10-01. Find the strongest move.



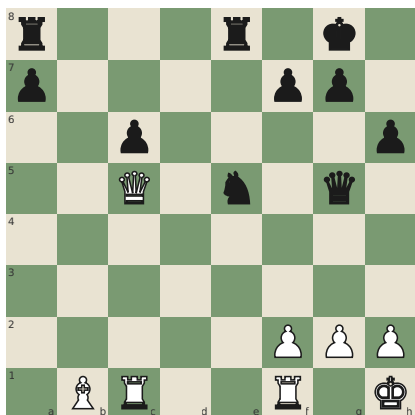
9. White to play · move 23

Your blitz game, 2026-09-27. Find the strongest move.



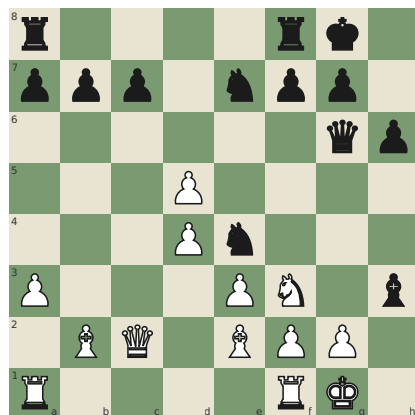
10. White to play · move 15

Your blitz game, 2026-09-29. Find the strongest move.



11. White to play · move 26

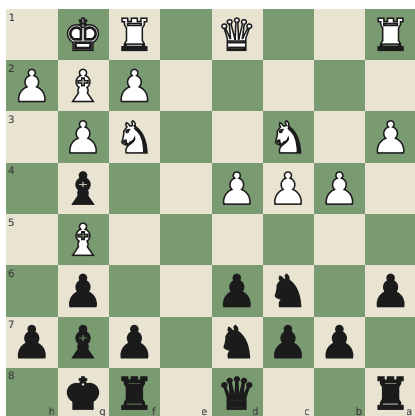
Your blitz game, 2026-09-26. Find the strongest move.



12. White to play · move 16

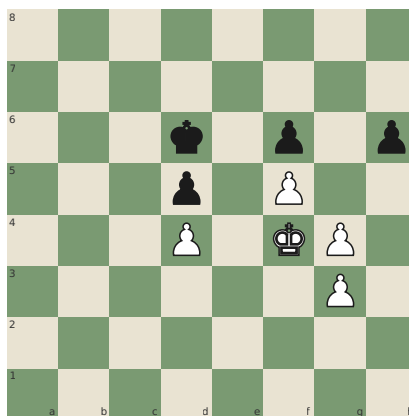
Your blitz game, 2026-09-16. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 13 TO 18 OF 50



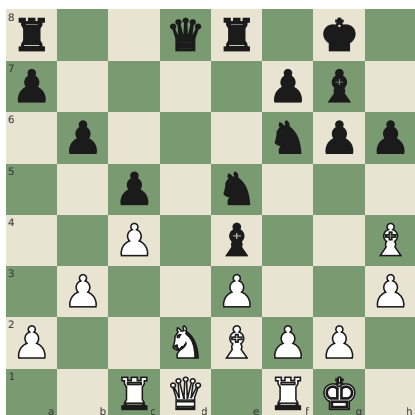
13. Black to play · move 12

Your blitz game, 2026-09-25. Find the strongest move.



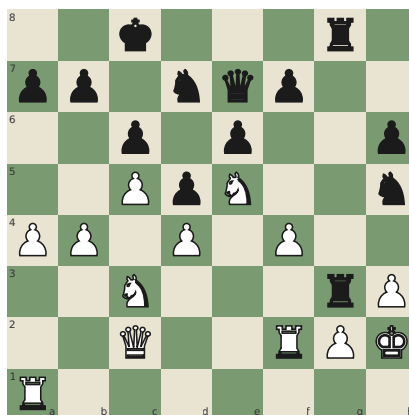
14. White to play · move 45

Your blitz game, 2026-09-29. Find the strongest move.



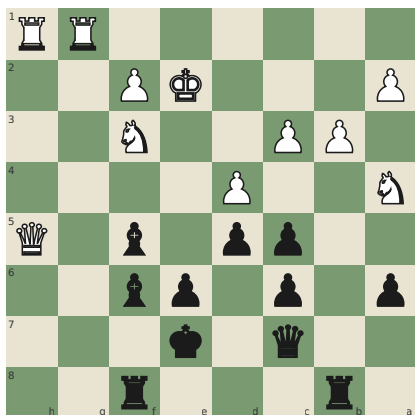
15. White to play · move 17

Your blitz game, 2026-10-04. Find the strongest move.



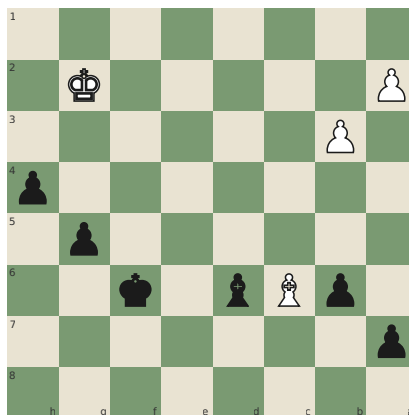
16. White to play · move 21

Your blitz game, 2026-09-24. Find the strongest move.



17. Black to play · move 27

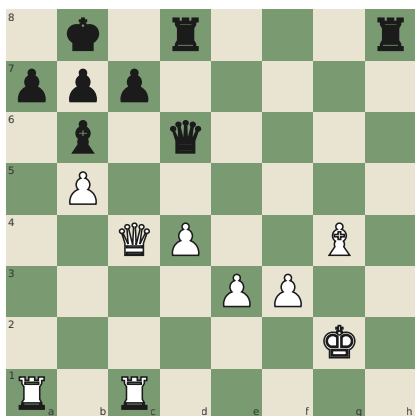
Your blitz game, 2026-09-24. Find the strongest move.



18. Black to play · move 39

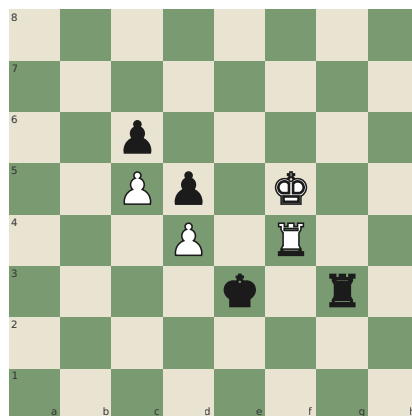
Your blitz game, 2026-09-17. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 19 TO 24 OF 50



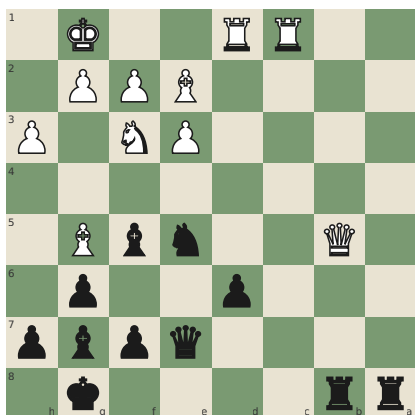
19. White to play · move 34

Your blitz game, 2026-09-14. Find the strongest move.



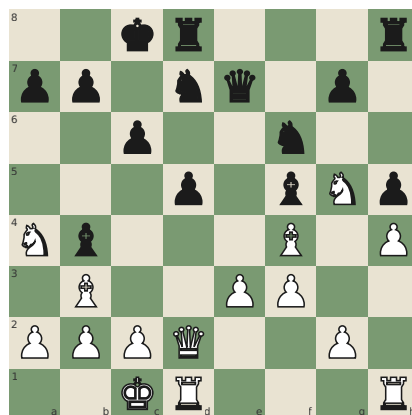
20. White to play · move 49

Your blitz game, 2026-09-29. Find the strongest move.



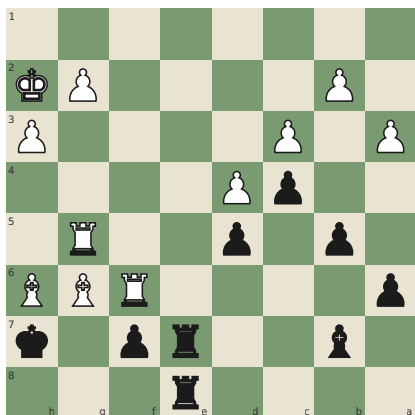
21. Black to play · move 22

Your blitz game, 2026-09-16. Find the strongest move.



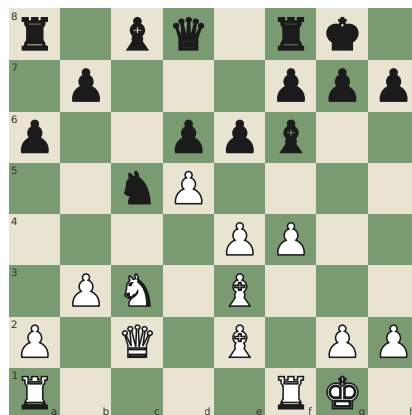
22. White to play · move 17

Your blitz game, 2026-09-23. Find the strongest move.



23. Black to play · move 33

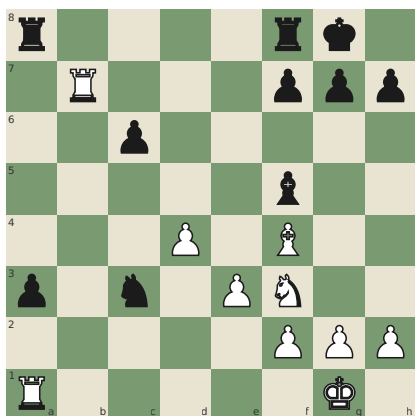
Your blitz game, 2026-09-17. Find the strongest move.



24. White to play · move 20

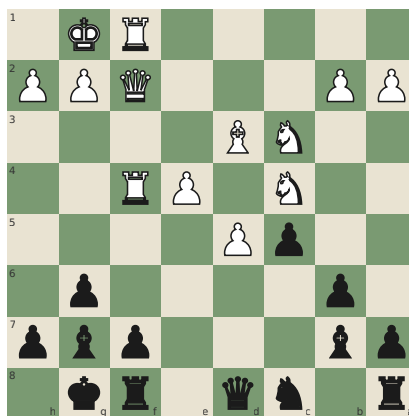
Your blitz game, 2026-09-27. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 25 TO 30 OF 50



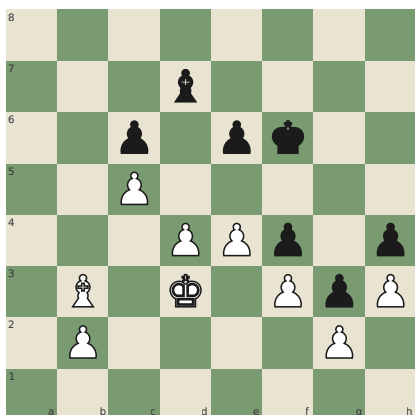
25. White to play · move 24

Your blitz game, 2026-09-26. Find the strongest move.



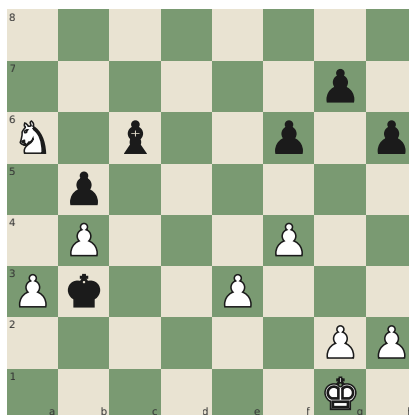
26. Black to play · move 18

Your blitz game, 2026-09-29. Find the strongest move.



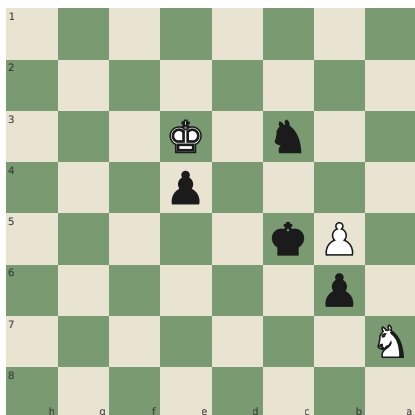
27. White to play · move 39

Your blitz game, 2026-09-26. Find the strongest move.



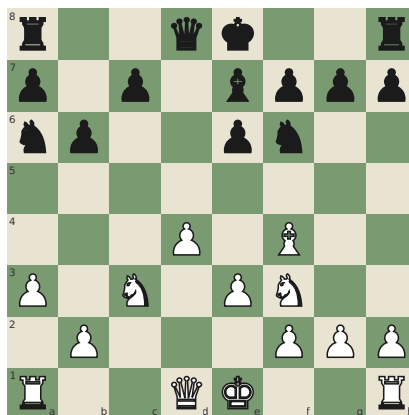
28. White to play · move 38

Your rapid game, 2026-09-21. Find the strongest move.



29. Black to play · move 59

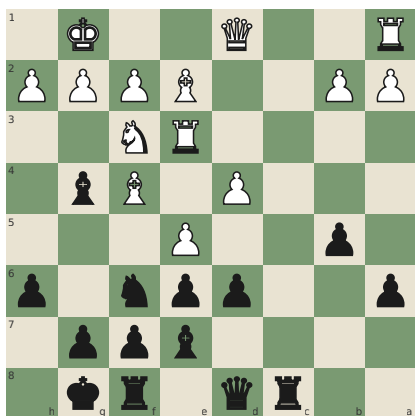
Your blitz game, 2026-09-29. Find the strongest move.



30. White to play · move 10

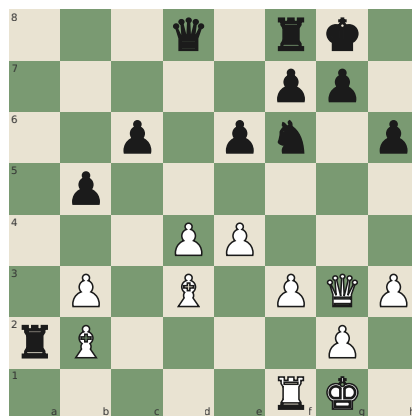
Your blitz game, 2026-10-04. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 31 TO 36 OF 50



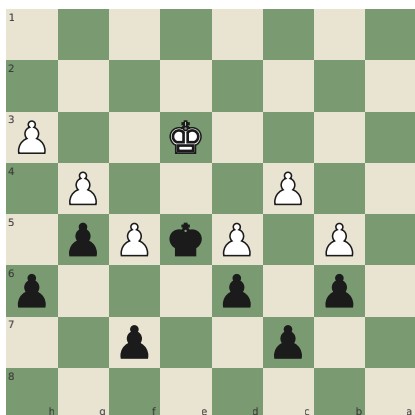
31. Black to play · move 16

Your blitz game, 2026-09-28. Find the strongest move.



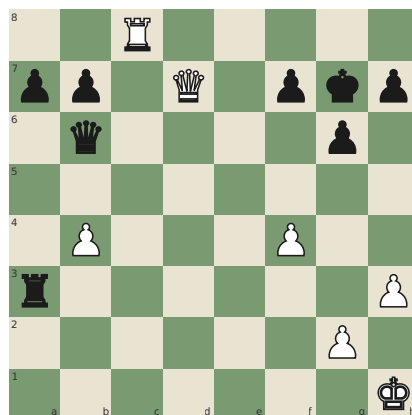
32. White to play · move 24

Your blitz game, 2026-09-24. Find the strongest move.



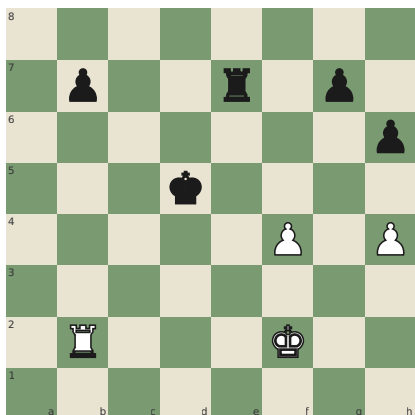
33. Black to play · move 39

Your blitz game, 2026-09-27. Find the strongest move.



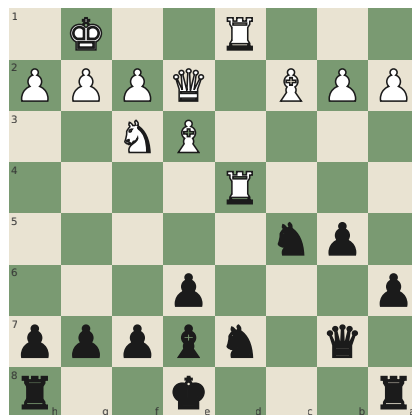
34. White to play · move 30

Your blitz game, 2026-09-15. Find the strongest move.



35. White to play · move 39

Your blitz game, 2026-09-30. Find the strongest move.



36. Black to play · move 18

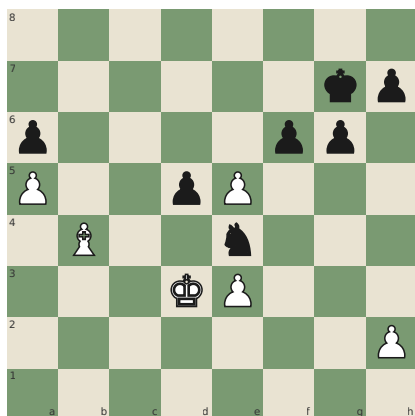
Your blitz game, 2026-09-14. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 37 TO 42 OF 50



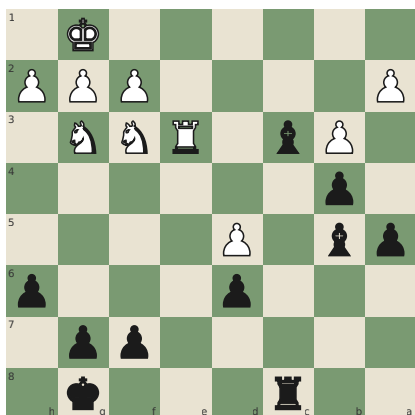
37. Black to play · move 8

Your blitz game, 2026-09-15. Find the strongest move.



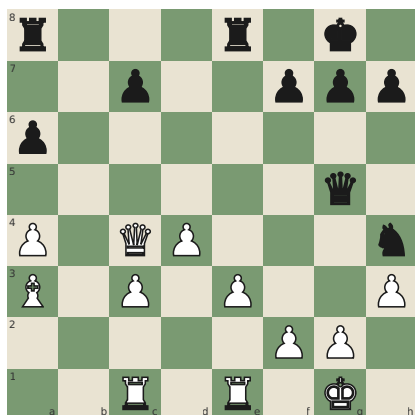
38. White to play · move 37

Your blitz game, 2026-09-28. Find the strongest move.



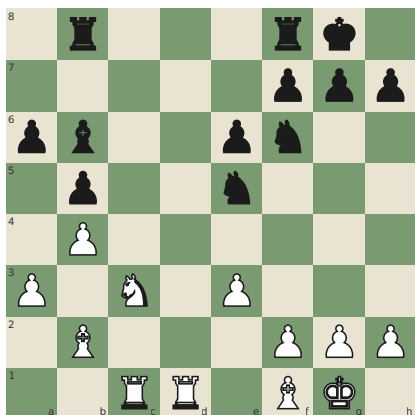
39. Black to play · move 24

Your blitz game, 2026-09-06. Find the strongest move.



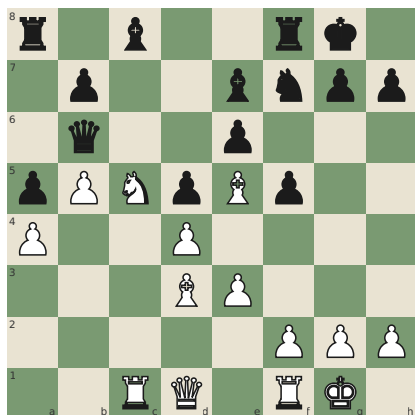
40. White to play · move 24

Your blitz game, 2026-10-01. Find the strongest move.



41. White to play · move 22

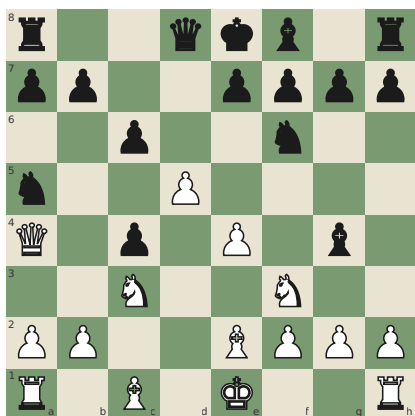
Your blitz game, 2026-09-06. Find the strongest move.



42. White to play · move 22

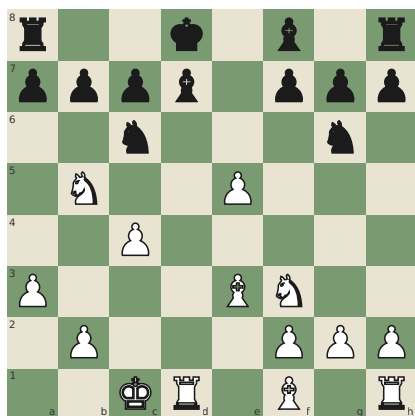
Your blitz game, 2026-09-28. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 43 TO 48 OF 50



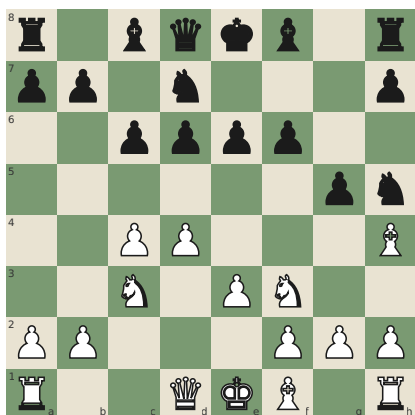
43. White to play · move 9

Your blitz game, 2026-09-25. Find the strongest move.



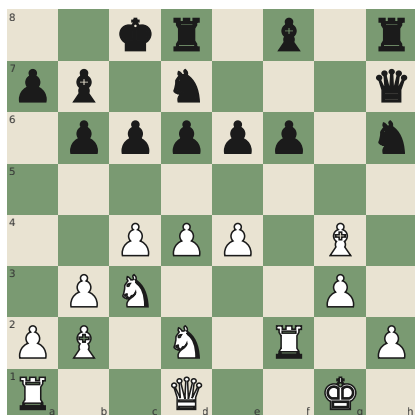
44. White to play · move 12

Your blitz game, 2026-09-28. Find the strongest move.



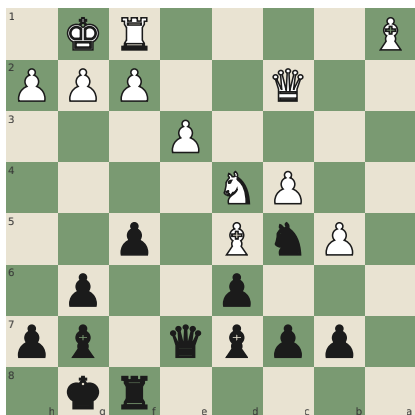
45. White to play · move 9

Your blitz game, 2026-09-26. Find the strongest move.



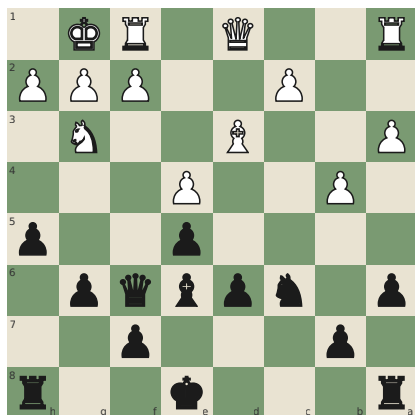
46. White to play · move 17

Your blitz game, 2026-09-13. Find the strongest move.



47. Black to play · move 19

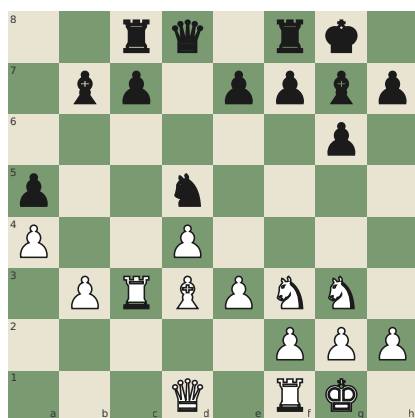
Your blitz game, 2026-09-28. Find the strongest move.



48. Black to play · move 15

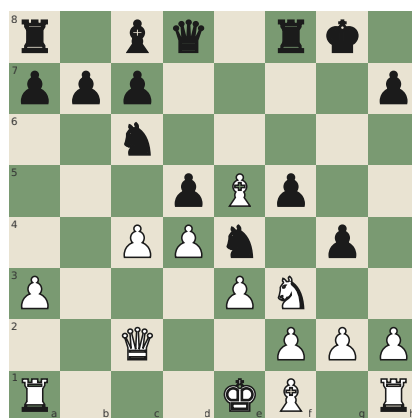
Your blitz game, 2026-09-17. Find the strongest move.

EXERCISES FROM YOUR OWN GAMES · 49 TO 50 OF 50



49. White to play · move 19

Your blitz game, 2026-09-24. Find the strongest move.



50. White to play · move 13

Your blitz game, 2026-09-01. Find the strongest move.

SOLUTIONS

Solutions, checked by Stockfish

Line = the engine's main line from the position. Your move = what you played in the game. Last column = your winning chances before and after your move.

#	BEST MOVE	LINE	YOUR MOVE	CHANCES
1	26... Kg7	Kg7 Qf3 f6 h5 Re5	Qd7	81% → 4%
2	21. Qxg5	Qxg5 Nd7 Qg3 Qh6 Bc1	dxe5	88% → 12%
3	23... b4	b4 Qh4 Qxh4 Rxh4 bxc3	Qf6	91% → 25%
4	20... Qa4	Qa4 Rxd6 c5 c4 Rad8	d5	76% → 10%
5	18. Nxd4	Nxd4 Ng3+ Kh2 Nxe2 Nxe2	Bxe4	90% → 29%
6	15... b4	b4 Nd5 bxa3 bxa3 Nxd5	Nh5	76% → 19%
7	26... Rxd2	Rxd2 Re2 Rd4 Qc3 Rxa4	Nd4	92% → 41%
8	25. Ke1	Ke1 Bxg3+ Kd1 d4 exd4	Qg2	51% → 0%
9	23. Bxe4	Bxe4 Rxe4 Qd2 Qd6 Qxd6	f3	78% → 28%
10	15. Rxf8+	Rxf8+ Kxf8 Qg1 Kg8 Rf1	h3	50% → 0%
11	26. f4	f4 Nd3 fxg5 Nxc5 Rxc5	Rfe1	87% → 38%
12	16. Nh4	Nh4 Qg5 Qxe4 Rae8 Qf3	Ne1	89% → 41%
13	12... Bxf3	Bxf3 Bxd8 Bxd1 Bxc7 Bb3	f6	84% → 37%
14	45. g5	g5 fxg5+ Kg4 Ke7 Kh5	Ke3	84% → 37%
15	17. Bxf6	Bxf6 Qxf6 Nxe4 Qe6 Nc3	Nxe4	66% → 22%
16	21. Ne2	Ne2 R3g7 Rg1 Nh6 Rf3	b5	59% → 18%
17	27... Rh8	Rh8 Qh4 Rxh4 Nxh4 Qf4	cx4	88% → 49%
18	39... g4	g4 Bd7 h3+ Kf1 Kg5	Bf4	91% → 52%
19	34. Rh1	Rh1 Rhe8 Qd3 Re7 Rh5	f4	53% → 14%
20	49. Rh4	Rh4 Kd3 Ke5 Rg5+ Kd6	Ke5	50% → 12%
21	22... Nxf3+	Nxf3+ Bxf3 Qxg5 Qc6 Qe7	f6	86% → 48%
22	17. c3	c3 Bd6 Bxd6 Qxd6 e4	Qd4	79% → 41%
23	33... Kxh6	Kxh6 Rg3 fxg6 Rg6+ Kh7	fxg6	49% → 12%
24	20. e5	e5 Bh4 g3 Be7 Bxc5	Rac1	88% → 51%
25	24. Bd6	Bd6 Rfc8 Rxa3 Ne4 Be7	Rb3	56% → 20%
26	18... Bd4	Bd4 Ne3 Nd6 Ne2 Bxb2	Qc7	59% → 24%
27	39. e5+	e5+ Kg6 Kc3 Bc8 Bc4	Bc2	85% → 50%
28	38. e4	e4 Kc4 Nc5 Kd4 Kf2	Nc5+	64% → 30%
29	59... Nxb5	Nxb5 Nc8 Nd6 Ne7 b5	Kd5	86% → 54%
30	10. Qa4+	Qa4+ Qd7 Qxa6 O-O Qe2	O-O	94% → 62%
31	16... Nd5	Nd5 g3 Nxe3 Bxe3 dxe5	dxe5	88% → 56%

32	24. Qf2	Qf2 Qb6 Bb1 Rxb2 Qxb2	Bc1	37% → 6%
33	39... f6	f6 h4 gxh4 Kf3 h5	Kf6	81% → 50%
34	30. Qd2	Qd2 Rb3 Rc4 Rb1+ Kh2	Rc7	31% → 0%
35	39. Rb1	Rb1 Kc4 Rc1+ Kd3 Rb1	Rb5+	46% → 15%
36	18... Nf6	Nf6 Ne5 Rc8 Bg5 a5	Rc8	44% → 14%
37	8... Bxh6	Bxh6 Qxh6 Ng4 Qd2 Nxf2	Ng4	70% → 41%
38	37. Kd4	Kd4 fxe5+ Kxd5 Nf6+ Kc6	exf6+	62% → 34%
39	24... Rc5	Rc5 Ne4 Rxd5 g4 Bb2	Bb2	82% → 54%
40	24. Qc6	Qc6 Rad8 g3 Re6 Qh1	Qf1	71% → 44%
41	22. Nxb5	Nxb5 Neg4 Nd4 Ne4 Nc6	Ne2	77% → 51%
42	22. Nd7	Nd7 Qd8 Nxf8 Nxe5 Nxe6	Bg3	86% → 61%
43	9. b4	b4 cxb3 axb3 e6 Bd2	dxcc6	81% → 56%
44	12. g3	g3 Ngxe5 Nxe5 Nxe5 Bf4	Ng5	87% → 64%
45	9. Nxg5	Nxg5 Ng7 Nf3 Be7 Bg3	Bg3	79% → 57%
46	17. Bxe6	Bxe6 Re8 d5 Rxe6 dxe6	Bf3	74% → 53%
47	19... Kh8	Kh8 Bc3 Rc8 Rd1 h5	Be6	44% → 24%
48	15... h4	h4 Nh1 Nd4 f3 h3	Nd4	69% → 50%
49	19. Rc5	Rc5 Nb4 Bc4 Ra8 h4	Rc1	72% → 54%
50	13. cxd5	cxdd5 Nxe5 Nxe5 c6 dxc6	Nd2	65% → 48%

Train on your weaknesses, one day at a time

DAYS

30

TOTAL TRAINING

15 h 35

PER DAY

31 min

EXERCISES

50

Where your training time goes

Slow game		120 min
Clock budget		80 min
Conversion drill		70 min
Weekly review		60 min
Knight safety		55 min
Increment blitz		40 min

WEEK 1 · DAYS 1 TO 7

210 MIN

Day 1	Hanging pieces	Solve 30 'hanging piece' puzzles, using a blunder check before every answer.	25 min
Day 2	Clock budget	Play 4 blitz games with the rule 'at least 75% of my clock left after move 15', and note whether you kept it.	40 min
Day 3	Report exercises	Work through this report's exercises slowly and write down your answers.	30 min
Day 4	Knight safety	Review 5 of your losses and find every moment a knight was left undefended.	30 min
Day 5	QGA review	Replay 3 of your Queen's Gambit Accepted games with White and pick one simple plan to use next time.	30 min
Day 6	Slow game	Play one 15+10 game, saying the blunder check out loud on every move.	40 min
Day 7	Weekly review	Count how many pieces you hung this week and how many games you lost on time.	15 min

WEEK 2 · DAYS 8 TO 14

225 MIN

Day 8	Winning endgames	Practice converting extra-pawn rook endgames against the computer until you win 3 in a row.	35 min
Day 9	Increment blitz	Play 5 games at 3+2, simplifying whenever you're clearly ahead.	40 min
Day 10	Undefended pieces	Solve 30 puzzles on the theme of undefended pieces and loose pieces.	25 min
Day 11	Sicilian plans	Review 4 of your Sicilian games and note the middlegame plan you chose each time.	35 min
Day 12	Conversion drill	Replay 3 games where you were winning but didn't win, and find where it slipped.	35 min
Day 13	Low-time rules	Play 4 blitz games where, under a third of your clock, you only trade or make safe moves.	40 min
Day 14	Weekly review	Compare time losses and hung pieces against week one.	15 min

WEEK 3 · DAYS 15 TO 21

220 MIN

Day 15	Quiet positions	Solve 15 'find the best plan' positional puzzles, with no tactics allowed as answers.	30 min
Day 16	Slow game	Play one 15+10 game, checking opponent threats first on every move.	40 min

Day 17	Basic endgames	Drill king-and-pawn and simple rook endgames on a trainer.	30 min
Day 18	Blunder check	Solve 30 mixed tactics puzzles, writing down your safety check before each one.	30 min
Day 19	QGA practice	Play 3 training games starting from the Queen's Gambit Accepted as White, using your new plan.	35 min
Day 20	Clock budget	Play 5 games at 3+2 with the 75%-after-move-15 rule.	40 min
Day 21	Weekly review	Review your clock usage in 3 games from this week and adjust your rules.	15 min
WEEK 4 · DAYS 22 TO 28			210 MIN
Day 22	Mating attacks	Solve 20 puzzles on defending against mating attacks.	25 min
Day 23	Conversion drill	Play winning positions out against the computer, trading down every time you can.	35 min
Day 24	Sicilian practice	Play 4 blitz games as Black aiming for your main Sicilian lines and stick to your plan.	40 min
Day 25	Knight safety	Solve 25 puzzles involving knight forks and loose knights.	25 min
Day 26	Slow game	Play one 15+10 game, applying all three clock rules.	40 min
Day 27	Endgame technique	Drill rook endgames with an extra pawn until you can win them quickly.	30 min
Day 28	Weekly review	Tally time losses, hung pieces and unconverted wins for the month.	15 min
LAST DAYS · DAYS 29 TO 30			70 MIN
Day 29	Blitz test	Play 5 games at your usual blitz time control using every rule from this month.	40 min
Day 30	Replay exercises	Redo this report's exercises and compare your answers with day 3.	30 min

The plan targets the weaknesses above. Rating gains depend on your games and your practice; no result is guaranteed. Rookprint only analyzes finished public games, never a game in progress.