

Woodpecker Method training log

Set: _____ Puzzles: _____ Level / rating: _____ Start date: _____

Cycle	Date	Target time	Actual time	Solved / total	Accuracy %	Positions missed (numbers)	Notes
1		own pace					
2		½ of cycle 1					
3		½ of cycle 2					
4		½ of cycle 3					
5		½ of cycle 4					
6		½ of cycle 5					
7		½ of cycle 6					
8		½ of cycle 7					
9		½ of cycle 8					
10		½ of cycle 9					

How to use: solve the whole set in cycle 1 at your own pace, then repeat the same set, aiming for about half the previous time while keeping accuracy high. Rest between cycles.

Patterns I keep missing

Set: _____ Puzzles: _____ Level / rating: _____ Start date: _____

Puzzle # _____ Motif (fork, pin, skewer, back rank, deflection...): _____ What I missed: _____

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