A very comprehensive book covering A-Z for competitive coding
http://www.comp.nus.edu.sg/~stevenha/myteaching/competitive_programming/cp1.pdf

A curriculum for competitive coding divided into appropriate levels with theory and practice questions for each topic
https://www.codechef.com/certification/prepare

Most important thing to do is practice -
https://www.codechef.com
https://uva.onlinejudge.org

Best Resources for anything DSA -
https://www.geeksforgeeks.org