KISLAYNATH 2026 SSC GD FINAL SELECTION PLAN

Prepared for: **TIWARI KISLAYNATH SHAILENDRAKUMAR**

1 PET 5KM MASTER PLAN

Goal: Complete 5km under 24 minutes with stamina + recovery.

Week 1 – Base & Technique

- Mon – 3 km easy pace + 10 min core
- Tue – 4×200m hill sprints + walk recovery
- Wed – Mobility + Stretch 30 min
- Thu – 4 km tempo @80%
- Fri – 2 km light + foam roll
- Sat – 6×400m fast + 90 sec rest
- Sun – Rest

Week 2 – Speed Endurance

- Mon – 3 km easy + strength
- Tue – 8×400m race pace
- Wed – 30 min walk/mobility
- Thu – 4.5 km tempo
- Fri – Rest
- Sat – 2×1.5 km timed
- Sun – Rest

Week 3 – Performance

- Mon – 4 km steady
- Tue – 10×100m sprints
- Wed – Rest
- Thu – 5 km timed run
- Fri – Core + Stretch
- Sat – 6×200m hill sprint
- Sun – Rest

Week 4 – Taper

- Mon – 3 km easy
- Tue – 4×400m speed
- Wed – Rest + Mobility
- Thu – 5 km final trial
- Fri – Rest
- Sat – 2 km jog
- Sun – Rest

2 CORE STRENGTH ROUTINE

- Plank – 3×45s | Side Plank – 3×30s/side
- Leg Raises – 3×15 | Bicycle Crunch – 3×20
- Superman Hold – 3×30s | Flutter Kicks – 3×30s
- Bridge – 3×20 | Bonus: Mountain Climbers, Plank-Push Ups

3 DIET & RECOVERY NOTES

- Morning – Empty stomach run, water or black coffee.
- Post-run – Banana + protein + salted lemon water.
- Lunch – Dal / paneer / egg + 2 rotis + veggies.
- Night – Light dinner, avoid fried/sugary food.
- Sleep – 7+ hours mandatory.
- Stretch alternate days, cold compress if knees stiff.

4 CBT 1-WEEK CRASH PLAN

Day	Focus	Details
Mon	General Knowledge	Static GK, History, Polity
Tue	Reasoning	Puzzles, Series, Analogies
Wed	Maths	Percentage, Ratio, Profit/Loss
Thu	Current Affairs	Last 6 months + defense news
Fri	Mixed Mock	100 Qs full test + error analysis
Sat	Weak Area	Review and reattempt mistakes
Sun	Final Mock	100 Qs timed full paper

5 28-DAY PROGRESS TRACKER

✅ Tick each day after completing PET / CORE / CBT task.

Day	PET	CORE	CBT	Ready?
1	☐	☐	☐	☐
2	☐	☐	☐	☐
3	☐	☐	☐	☐
...	☐	☐	☐	☐
28	☐	☐	☐	☐

NO EXCUSES • NO RETRIES • JUST RESULTS
Train when others rest. Win when others wish.