Junior Penetration Tester (Jr Pen Test) - 2-Week Plan

Total Duration: 2 Weeks
Strategy: Divide & Conquer (Parallel Execution)
Daily Standups: 15-30 min quick sync

Team Members & Roles

- Ahmed Ehab Amin
- Amr
- Bakr
- Mina
- Mohammed Elalfy
- Omar Gamal

Week 1 - Fundamentals and Initial Exploitation

Day 1-2: Introduction & Fundamentals

Goal: Build a strong foundation in Cyber Security & Pentesting
Sections Covered:

- Introduction to Cyber Security → (Everyone)
- Introduction to Pentesting → Ahmed & Amr
- Introduction to Web Hacking → Bakr & Mina

Deadline: End of Day 2
Deliverables: Summarize key takeaways, complete initial labs, and set up tools

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Day 3-4: Web Hacking & Burp Suite

Goal: Understand web hacking methodologies and Burp Suite
Sections Covered:

- Burp Suite → Ahmed & Omar
- Advanced Web Hacking Techniques → Bakr & Mina

Deadline: End of Day 4
Deliverables: Successfully exploit web vulnerabilities and document findings

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Day 5-6: Network Security & Vulnerability Research

Goal: Learn network security, scanning techniques, and vulnerability research
Sections Covered:

- Network Security → Mohammed & Amr
- Vulnerability Research → Ahmed & Omar

Deadline: End of Day 6
Deliverables: Perform network scans, analyze vulnerabilities, and report findings

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Day 7: Review & Catch-up

Goal: Team members review progress, clarify doubts, and complete pending tasks
Tasks:

- Discuss challenges encountered during the week
- Ensure all members have understood core topics
- Update documentation and review tools

Week 2 - Advanced Exploitation and Practical Application

Day 8-9: Exploitation & Privilege Escalation

Goal: Gain deeper understanding of system exploitation
Sections Covered:

- Metasploit → Bakr & Mina
- Privilege Escalation (Linux & Windows) → Ahmed & Omar

Deadline: End of Day 9
Deliverables: Successfully exploit at least two systems and document privilege escalation techniques

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Day 10-11: Hands-on Practice & CTF Challenges

Goal: Apply knowledge in Capture The Flag (CTF) challenges
Tasks:

- Each pair selects 2-3 CTF challenges and solves them
- Focus on real-world pentesting workflows

Deadline: End of Day 11
Deliverables: Capture at least four flags as a team and document steps

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Day 12-13: Report Writing & Documentation

Goal: Create professional penetration testing reports
Tasks:

- Each member writes a report on one challenge they solved
- Ahmed & Omar review and finalize reports

Deadline: End of Day 13
Deliverables: Fully documented penetration testing reports

Day 14: Final Review & Knowledge Sharing

Goal: Conduct a final review and consolidate learnings
Tasks:

- Share key takeaways from the experience
- Discuss areas for further improvement
- Ensure all reports and documentation are complete

Collaboration & Tools

Notes & Reports: GitHub
Communication: Discord / WhatsApp
Progress Tracking: Daily check-ins

Final Goals (After 2 Weeks)

- Successfully complete the Jr Pen Test Track and earn certificates
- Gain practical pentesting experience
- Develop structured documentation skills
- Enhance problem-solving and teamwork skills

This plan provides a **balanced approach** to learning while allowing enough time for **deep understanding and hands-on practice**. Let me know if any modifications are needed.