

5-Day Plan - Jr Pen Test Track (THM)

Total Duration: 5 Days

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

Day 1 - Introduction & Fundamentals

Goal: Gain a solid foundation in Cyber Security & Pentesting

Sections Covered:

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

Deadline: By end of Day 1

Deliverables: Summarize key takeaways + Tools setup

Day 2 - Web Hacking & Burp Suite

Goal: Understand web hacking methodologies & Burp Suite

Sections Covered:

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

Deadline: By end of Day 2

Deliverables: Successfully exploit web vulnerabilities & understand Burp Suite

Day 3 - Network Security & Vulnerability Research

Goal: Learn network security, scanning, and vulnerability research

Sections Covered:

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

Deadline: By end of Day 3

Deliverables: Perform network scans + find vulnerabilities

Day 4 - Exploitation & Privilege Escalation

Goal: Exploit systems and escalate privileges

Sections Covered:

- Metasploit → Bakr & Mina
- Privilege Escalation → Ahmed & Omar

Deadline: By end of Day 4

Deliverables: Successfully gain system access & escalate privileges

Day 5 - Final Practice & Report Writing

Goal: Apply knowledge in practical scenarios & create reports

Tasks:

- Solve CTF challenges using all learned skills → (Everyone - Pair Programming)
- Report Writing & Documentation → Ahmed & Omar (Lead Reviewers)

Deadline: By end of Day 5

Deliverables: Full penetration testing reports + discussion

Collaboration & Tools

Notes & Reports: GitHub / Obsidian

Communication: WhatsApp

Progress Tracking: Daily check-ins

Final Goal (After 5 Days)

- Complete the Jr Pen Test Track & earn certificates.
- Gain hands-on experience with pentesting tools & techniques.
- Build a team-based problem-solving approach for future projects.