To study 100 hours per week, you will need to allocate time each day. Here's how you can break it down:

**Step 1: Calculate Daily Study Time**

There are 7 days in a week, so to study 100 hours per week, divide 100 hours by 7:

100 hours7 days=14.29 hours per day\frac{100 \, \text{hours}}{7 \, \text{days}} = 14.29 \, \text{hours per day}

This means you need to study approximately **14.3 hours per day** to meet your goal.

**Step 2: Creating a Work Plan**

A feasible work plan needs to include time for breaks, meals, and sleep. Here's an example schedule:

**Sample Study Schedule**

**1. Morning Block:**

* **6:00 AM - 9:00 AM**: Study (3 hours)
  + Focus on high-concentration tasks, such as reading or problem-solving.

**2. Mid-Morning Break:**

* **9:00 AM - 9:30 AM**: Break (30 minutes)
  + Stretch, walk, hydrate, or eat a snack.

**3. Late Morning Block:**

* **9:30 AM - 12:30 PM**: Study (3 hours)
  + Continue with difficult topics, take notes, and review key concepts.

**4. Lunch Break:**

* **12:30 PM - 1:30 PM**: Lunch (1 hour)

**5. Early Afternoon Block:**

* **1:30 PM - 4:30 PM**: Study (3 hours)
  + Revise or work on assignments/projects.

**6. Afternoon Break:**

* **4:30 PM - 5:00 PM**: Break (30 minutes)
  + Take a break, walk around, or relax briefly.

**7. Late Afternoon Block:**

* **5:00 PM - 8:00 PM**: Study (3 hours)
  + Focus on more challenging or new material.

**8. Dinner Break:**

* **8:00 PM - 9:00 PM**: Dinner (1 hour)

**9. Evening Block:**

* **9:00 PM - 11:00 PM**: Study (2 hours)
  + Light review or practice exercises.

**10. Night Break:**

* **11:00 PM - 6:00 AM**: Sleep (7 hours)
  + Ensure proper rest for productivity.

**Study Tips for Success:**

1. **Prioritize High-Energy Times**: Try to tackle the most challenging or difficult subjects during times when you feel most alert (e.g., early morning or late afternoon).
2. **Stay Consistent**: Consistency is key. Stick to your schedule as much as possible, but remain flexible to avoid burnout.
3. **Use Active Learning**: Don't just passively read; engage with the material through problem-solving, flashcards, teaching others, or summarizing.
4. **Break Tasks Into Chunks**: If studying long hours, break them into smaller, manageable tasks (e.g., 45 minutes of study followed by a 5-minute break).
5. **Stay Hydrated & Nourished**: Take regular breaks, drink water, and eat healthy snacks to maintain focus.
6. **Weekend Adjustments**: If you feel tired toward the end of the week, you can shift 1-2 hours from the weekend to the weekdays for some flexibility.

This plan will help you stay organized while maintaining a balanced approach to such an intense study schedule. Let me know if you want to adjust it based on your specific study goals or other preferences!