**Day 1: Tree Fundamentals**

* **Morning:**
  + Learn tree terminology (root, node, child, leaf, subtree, depth, height)
  + Understand binary trees and their properties
  + Implement a basic binary tree structure.
* **Afternoon:**
  + **Workout 1:** Insert a node into a tree
  + **Workout 2:** Delete a node from a tree
  + **Workout 3:** Tree traversal (preorder, inorder, postorder)

**Day 2: Binary Search Trees (BST)**

* **Morning:**
  + Learn BST properties (ordering of nodes for efficient search)
  + Implement BST with insertion, deletion, and search (contains)
* **Afternoon:**
  + **Workout 1:** Find closest value in a BST
  + **Workout 2:** Validate if a tree is a BST
  + **Workout 3:** (Optional, if time) Balanced BSTs (AVL, Red-Black trees – just grasp the concept)

**Day 3: Heaps**

* **Morning:**
  + Learn about min-heaps and max-heaps (structure, properties)
  + Implement a min-heap (build, insert, remove)
* **Afternoon:**
  + Convert your min-heap implementation into a max-heap
  + **Workout 1:** Implement heapsort

**Day 4: Tries**

* **Morning:**
  + Learn about Tries (prefix trees). Focus on their use in string searching and autocomplete.
  + Implement a basic Trie structure (insert, search).
* **Afternoon:**
  + **Workout 1:** Find all words with a given prefix
  + **Workout 2:** Implement autocomplete suggestion
  + **Workout 3:** (Optional) Explore advanced concepts like compressing Tries

**Day 5: Graphs**

* **Morning:**
  + Learn graph terminology, representation (adjacency list, matrix)
  + Depth-First Search (DFS) - recursive and iterative implementation
* **Afternoon**
  + Breadth-First Search (BFS) - implementation
  + **Workout 1:** Find if a path exists between two nodes
  + **Workout 2:** Find the shortest path between two nodes

**Day 6: Practice, Applications, and Review**

* **Morning:**
  + Solve 3 problems for each data structure on a competitive coding website. Prioritize ones tagged 'easy' or 'medium' to start.
  + If stuck, analyze solutions, but try to understand the logic yourself.
* **Afternoon:**
  + **Applications:** Read about the common real-world applications of each structure (BSTs in searching, Heaps in priority queues, Tries for search engines, Graphs for maps/networks, etc.).
  + **Review:** Revisit any concepts that remain challenging for you.