

Study Plan			
Date	Day	Time	Plan
18 January	Day 1	6 AM - 8 AM	Orientation. Running Exercise & Sprint
19 January	Day 2	6 AM - 8 AM	Speed & Stamina Check
20 January	Day 3	6 AM - 8 AM	Long Jump Exercise
21 January	Day 4	6 AM - 8 AM	Feedback Session
22 January	Day 5	6 AM - 8 AM	Strength & Weakness Evaluation
23 January	Day 6	6 AM - 8 AM	Diet Planning
24 January	Day 7	6 AM - 8 AM	Final Selection Test