MBA ONE STOP · CAT

CAT 90-Day Study Plan: Week-by-Week Tables, Daily Hours and Mock Cadence

A 13-week CAT plan in tables: daily hours for students and working aspirants, week-by-week topics, mock cadence and the analysis routine.

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How the plan is built

The plan counts back 90 days from exam day. CAT 2026 is on Sunday, 29 November 2026, held in three sessions, so day 1 of this plan was 1 September 2026. The test is 120 minutes: three sections of exactly 40 minutes each. Admit cards can be downloaded from 6 to 29 November 2026. CAT 2026 registration is closed; for a later cycle, count back 90 days from the date in the official notice.

Plan weeks are 7-day blocks from day 1, so every week holds five weekdays and two weekend days. Week 13 is the last six days. Results are likely in the first week of January 2027, per the official bulletin.

If you are starting late, join at the week that matches your days left. Days left = exam date minus today.

Days left	Plan day	Join at	What to do
90	1	Week 1	Follow the whole plan
60	30	Week 5	Revise weeks 1 to 4 from the formula sheet; take a diagnostic mock this week
45	45	Week 7	Cover only your weakest topics; start weekly full mocks now
30	60	Week 9	No new chapters; mocks and error log only
23 (6 Nov 2026)	67	Week 10	Two full mocks a week, plus the error-log topics
14	76	Week 11	Mocks, error log and set-selection drills
7	83	Week 12	Light mock work, then the last-six-days checklist

Example. You have 37 days left to the exam. Which plan week do you join?

1. Plan day = 90 - 37 = 53. For CAT 2026 that is 23 October.
2. Weeks are 7-day blocks: day 53 falls in days 50 to 56, which is week 8.
3. Week 8 is the last build week. Join there, cover counting and probability in QA, and start two full mocks a week from the next week.

Answer: Week 8 (20 to 26 October on the CAT 2026 run)

Daily hours by phase

Two tracks: a student or full-time aspirant, and someone working a job. Weekday hours apply on five days, weekend hours on two.

Phase	Weeks	Student weekday / weekend day	Working weekday / weekend day	Student hours a week	Working hours a week
1 Foundation	1 to 4	3 h / 5 h	2 h / 4 h	25	18
2 Build	5 to 8	4 h / 6 h	2.5 h / 5 h	32	22.5
3 Mock-heavy	9 to 12	4 h / 7 h	3 h / 6 h	34	27
4 Taper	13 (6 days)	2 h on each of 5 days	1.5 h on each of 5 days	10	7.5

Over the 90 days that adds up to 374 hours on the student track and 277.5 hours on the working track. Exam day itself carries no study. If you can only do the working track, keep the mock cadence and cut new-topic time instead.

Example. Check the working-track total of 277.5 hours.

1. Weekly hours: 5 weekdays × 2 h + 2 weekend days × 4 h = 18 in phase 1. Phase 2: 5 × 2.5 + 2 × 5 = 22.5. Phase 3: 5 × 3 + 2 × 6 = 27.
2. Four weeks each: 4 × 18 = 72, 4 × 22.5 = 90, 4 × 27 = 108.
3. Add the taper week: 5 × 1.5 = 7.5.
4. Total = 72 + 90 + 108 + 7.5 = 277.5.

Answer: 277.5 hours

Week-by-week plan

Week	Dates (CAT 2026 run)	QA	DILR	VARC	Tests
1	1 to 7 Sep	Percentages, profit and loss, ratio	Tables and charts	RC method; daily reading starts	1 sectional
2	8 to 14 Sep	Averages, mixtures, time-speed-distance	Linear arrangements	RC practice; vocabulary log	1 sectional
3	15 to 21 Sep	Time and work, interest, factors	Circular arrangements, grouping	Para-jumbles	1 sectional
4	22 to 28 Sep	Remainders, HCF-LCM, equations	Tournaments	Summary, odd-one-out	Diagnostic full mock, 1 sectional
5	29 Sep to 5 Oct	Inequalities, functions, logs, progressions	Routes and networks	RC on economics and science	1 full mock, 1 sectional
6	6 to 12 Oct	Triangles and circles	Caselets with constraints	Inference and tone questions	1 full mock, 1 sectional
7	13 to 19 Oct	Mensuration, coordinate geometry	Mixed sets, 12-minute limit	Mixed verbal sets	1 full mock, 1 sectional
8	20 to 26 Oct	Counting, probability, sets	Mixed sets	Timed VARC practice	1 full mock, 1 sectional
9	27 Oct to 2 Nov	Three weakest topics from the error log	Set-selection drills	RC speed work	2 full mocks, 1 sectional
10	3 to 9 Nov	Mixed timed sets	Weakest set type	Weakest question type	2 full mocks, 1 sectional
11	10 to 16 Nov	Error-log topics, shortcuts	Mixed sets	Mixed practice	2 full mocks, 1 sectional
12	17 to 23 Nov	Formula sheet, weak topics	Light sets	Light RC and verbal	2 full mocks, 1 sectional
13	24 to 29 Nov	Formula sheet only	One easy set a day	Reading only	No mocks

That is 13 full mocks and 12 sectionals. A full mock matches the real test at 120 minutes.

A sample weekday

A phase 2 weekday for each track, in minutes.

Block	Student (4 h)	Working (2.5 h)
Quant: topic study and problems	90	60
DILR set (alternate with VARC practice on working days)	60	60
Reading and vocabulary	75	20
Error log	15	10
Total	240	150

Tip. On a bad day, protect the error log and the reading. Cut extra problems first.

Mock cadence and the analysis routine

Weeks	Full mocks a week	Sectionals a week	Note
1 to 3	0	1	Sectional on the section you studied most
4	1	1	Diagnostic mock; do not judge the score
5 to 8	1	1	Mock at the weekend, review the next day
9 to 12	2	1	Space them at least two days apart; sectional on your weakest section
13	0	0	Revise your error log only

Every full mock gets a 90-minute review the same or the next day, using the routine in the mock-analysis-guide note. In weeks 9 to 12 that is two mocks of 2 hours plus two reviews of 1.5 hours: 7 hours of mock work in a week, inside the weekly hours above. A mock you do not analyse is wasted practice.

Example. In week 10, what share of your weekly hours goes on the two full mocks and their reviews?

1. Each mock is 2 hours of test plus a 1.5-hour review = 3.5 hours.
2. Two mocks = 7 hours.
3. Student track: 7 / 34 = 20.6%. Working track: 7 / 27 = 25.9%.

Answer: 7 hours: about 21% of the student week and 26% of the working week

If you fall behind on topics, do not stretch the plan. Drop the lowest-yield chapter in that week, keep the mock, and carry the topic into the error-log slot of weeks 9 and 10.

The last six days

- □ Download your admit card and read the instructions printed on it. It is available from 6 to 29 November 2026.
- □ Find out the route and travel time to your test centre. Know your reporting details from the admit card.
- □ Learn nothing new. Revisit the error log and the formula sheet.
- □ Keep one easy DILR set a day, to stay warm without tiring yourself.
- □ No mock on the last two days. A bad score now helps nobody.
- □ Sleep on a fixed schedule. Pack ID and admit card the night before.
- □ On the day, remember the marking: 3 for a correct answer, -1 for a wrong MCQ, no negative for non-MCQ questions.

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