

CDS 2026 Study Plan: 6-Month & 12-Month Strategy

Preparing for the **Combined Defence Services (CDS) Examination 2026** requires a **well-structured study plan**, consistency, and smart execution. Whether you have **6 months or a full 12 months**, the right strategy can help you clear the **CDS written exam, SSB interview, and medical stage** confidently.

This article provides **two detailed preparation plans—6-month fast-track and 12-month long-term strategy**—so you can choose what suits your timeline best.

Understanding CDS 2026 Exam Structure (Quick Overview)

Written Examination

- English - 100 marks
- General Knowledge - 100 marks
- Mathematics - 100 marks (IMA/INA/AFA)
- OTA: English + GK only

Next Stages

- SSB Interview (5 days)
- Medical Examination
- Final Merit List

Key Principles for CDS Preparation

- Concept clarity > number of hours
- Regular revision is mandatory
- Previous year questions are critical
- SSB preparation should start early
- Physical fitness must be maintained throughout

CDS 2026 - 6-Month Study Plan (Fast-Track Strategy)

Ideal for:

- Repeat aspirants
- Candidates with basic foundation
- Final-year students

Month 1-2: Core Concepts & Basics

English

- Grammar rules (tenses, articles, prepositions)
- Vocabulary (20 words/day)
- Error spotting & sentence improvement

General Knowledge

- NCERT (Class 6-8)
- History & Geography basics
- Daily current affairs (30 minutes)

Mathematics

- Arithmetic (percentages, profit & loss, ratio)
- Algebra basics
- Geometry fundamentals

Month 3-4: Advanced Coverage & Practice

- NCERT (Class 9-10)
- Polity & Science
- Full Maths syllabus completion
- Start previous year CDS papers
- Weekly mock tests

Month 5: Revision & Speed Building

- Topic-wise revision
- Short notes & formulas
- Sectional mock tests
- Improve accuracy & time management

Month 6: Full Mock Tests & Final Revision

- 2-3 full-length mocks per week
- Error analysis
- Focus on weak areas
- Light SSB & fitness focus

CDS 2026 - 12-Month Study Plan (Long-Term Strategy)

Ideal for:

- Beginners
- Non-math background candidates
- Working professionals

Phase 1 (Months 1-4): Foundation Building

- English grammar & vocabulary
- NCERT GK (Class 6-8)
- Maths basics (Class 8-9 level)
- Daily newspaper reading

Phase 2 (Months 5-8): Syllabus Completion

- NCERT (Class 9-10)
- Polity, Science, Economy

- Complete Maths syllabus
 - Start PYQs & sectional tests
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Phase 3 (Months 9-10): Practice & Accuracy

- Weekly full-length mocks
 - Previous year paper analysis
 - Strengthen weak areas
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Phase 4 (Months 11-12): Final Revision & Exam Readiness

- Intensive revision
 - Formula & fact consolidation
 - Time management strategy
 - Mental & physical preparation
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Subject-Wise Preparation Strategy

English

- Daily practice
 - Focus on grammar & comprehension
 - Avoid memorising rules blindly
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General Knowledge

- Static GK is the backbone
 - Revise current affairs monthly
 - Avoid unnecessary facts
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Mathematics

- Daily practice

- Use shortcuts & formulas
- Don't fear Maths—practice reduces fear

SSB Preparation Alongside Written Exam

- Develop OLQs naturally
- Improve communication
- Group discussions & leadership roles
- Physical fitness routine

Daily Study Time Recommendation

Timeline	Daily Study Hours
6 Months Plan	5–6 hours
12 Months Plan	3–4 hours

Books & Resources (Minimal Approach)

- English: Grammar + practice book
- GK: NCERT + current affairs
- Maths: One CDS-level maths book
- Previous Year Question Papers

Common Mistakes to Avoid

- Ignoring revision
- Overloading with too many books
- Delaying mock tests
- Ignoring SSB & fitness

Frequently Asked Questions (FAQs)

Q1. Is 6 months enough for CDS preparation?

Yes, with consistent and focused preparation.

Q2. Which plan is better—6 or 12 months?

Depends on your foundation and available time.

Q3. Can beginners clear CDS in first attempt?

Yes, many do with proper planning.

Q4. Is Maths compulsory for all CDS entries?

No. OTA candidates don't have Maths.

Q5. How many mock tests are required?

At least **20-30 full-length mock tests**.

Q6. When should SSB preparation start?

From day one—SSB is personality-based.

Conclusion

Whether you choose a **6-month fast-track plan** or a **12-month long-term strategy**, success in **CDS 2026** depends on **discipline, consistency, and smart preparation**.

Stick to your plan, revise regularly, and stay physically fit. With the right mindset and strategy, **clearing CDS 2026 is completely achievable**.

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