

# 2026 RETIREMENT PLAN CONTRIBUTION LIMITS

**\$24,500**

**Amount you can contribute to a 401(k) or 403(b) plan, whether it's pre-tax, Roth, or a combination of both**

**\$8,000**

**Catch-Up amount for those aged 50-59 and 64+**

**2026 Combined Total:  
\$32,500**

**\$11,250**

**Catch-Up amount for those aged 60-63**

**2026 Combined Total:  
\$35,750**



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