

Week #	test c&e wk	test p wk	deca wk	equa wk	d-bol ed	win ed	nolva ed	prov ed	clo ed	hcg wk
1	300		225	200	15			12.5		
2	300		225	200	15			12.5		
3	300		225	200	20			12.5		
4	200	100	225	200	20			12.5		
5	200	100	225	200	20			12.5		2500
6	200	100	225	200	20			12.5		
7	200	100	150	200		20		12.5		
8	200	100	150	200		20		12.5		
9	200	100	150	200		20		12.5		
10	200	100	150	100		20		12.5		
11	200	100	150	100		20		25		
12	200	100	150	100		20	20	25		5000
13						20	20			
14							20		100	
15							20		75	
16							20		50	
17							20		25	