

	WK 1 Sun	WK 1 Thurs	WK 2 Sun	WK 2 Thurs	WK 3 Sun	WK 3 Thurs	WK 4 Sun
Dose 1	100	50	25	12.5	6.25	3.125	1.5625
Dose 2		100	50	25	12.5	6.25	3.125
Dose 3			100	50	25	12.5	6.25
Dose 4				100	50	25	12.5
Dose 5					100	50	25
Dose 6						100	50
Dose 7							100
Dose 8							
Dose 9							
Dose 10							
Dose 11							
Dose 12							
Dose 13							
Dose 14							
Dose 15							
Dose 16							
Total Active	100	150	175	187.5	193.75	196.875	198.4375

FRONTLOAD x2

	WK 1 Sun	WK 1 Thurs	WK 2 Sun	WK 2 Thurs	WK 3 Sun	WK 3 Thurs	WK 4 Sun
Dose 1	200	100	50	25	12.5	6.25	3.125
Dose 2		200	100	50	25	12.5	6.25
Dose 3			100	50	25	12.5	6.25
Dose 4				100	50	25	12.5
Dose 5					100	50	25
Dose 6						100	50
Dose 7							100
Dose 8							
Dose 9							
Dose 10							
Dose 11							
Dose 12							
Dose 13							
Dose 14							
Dose 15							
Dose 16							
Total Active	200	300	250	225	212.5	206.25	203.125

FRONTLOAD x1.5

	WK 1 Sun	WK 1 Thurs	WK 2 Sun	WK 2 Thurs	WK 3 Sun	WK 3 Thurs	WK 4 Sun
Dose 1	150	75	37.5	18.75	9.375	4.6875	2.34375
Dose 2		150	75	37.5	18.75	9.375	4.6875

Dose 3			100	50	25	12.5	6.25
Dose 4				100	50	25	12.5
Dose 5					100	50	25
Dose 6						100	50
Dose 7							100
Dose 8							
Dose 9							
Dose 10							
Dose 11							
Dose 12							
Dose 13							
Dose 14							
Dose 15							
Dose 16							
Total Active	150	225	212.5	206.25	203.125	201.5625	200.78125

WK 4 Thursd	WK 5 Sund	WK 5 Thursd	WK 6 Sund	WK 6 Thursd	WK 7 Sund	WK7 Thursd	WK 8 Sund
0.78125	0.390625	0.1953125	0.0976563	0.04882812	0.0244141	0.01220703	0.0061035
1.5625	0.78125	0.390625	0.1953125	0.09765625	0.0488281	0.02441406	0.012207
3.125	1.5625	0.78125	0.390625	0.1953125	0.0976563	0.04882812	0.0244141
6.25	3.125	1.5625	0.78125	0.390625	0.1953125	0.09765625	0.0488281
12.5	6.25	3.125	1.5625	0.78125	0.390625	0.1953125	0.0976563
25	12.5	6.25	3.125	1.5625	0.78125	0.390625	0.1953125
50	25	12.5	6.25	3.125	1.5625	0.78125	0.390625
100	50	25	12.5	6.25	3.125	1.5625	0.78125
	100	50	25	12.5	6.25	3.125	1.5625
		100	50	25	12.5	6.25	3.125
			100	50	25	12.5	6.25
				100	50	25	12.5
					100	50	25
						100	50
							100
199.21875	199.60938	199.804688	199.90234	199.9511719	199.97559	199.987793	199.9939

WK 4 Thursd	WK 5 Sund	WK 5 Thursd	WK 6 Sund	WK 6 Thursd	WK 7 Sund	WK7 Thursd	WK 8 Sund
1.5625	0.78125	0.390625	0.1953125	0.09765625	0.0488281	0.02441406	0.012207
3.125	1.5625	0.78125	0.390625	0.1953125	0.0976563	0.04882812	0.0244141
3.125	1.5625	0.78125	0.390625	0.1953125	0.0976563	0.04882812	0.0244141
6.25	3.125	1.5625	0.78125	0.390625	0.1953125	0.09765625	0.0488281
12.5	6.25	3.125	1.5625	0.78125	0.390625	0.1953125	0.0976563
25	12.5	6.25	3.125	1.5625	0.78125	0.390625	0.1953125
50	25	12.5	6.25	3.125	1.5625	0.78125	0.390625
100	50	25	12.5	6.25	3.125	1.5625	0.78125
	100	50	25	12.5	6.25	3.125	1.5625
		100	50	25	12.5	6.25	3.125
			100	50	25	12.5	6.25
				100	50	25	12.5
					100	50	25
						100	50
							100
201.5625	200.78125	200.390625	200.19531	200.0976563	200.04883	200.024414	200.01221

WK 4 Thursda	WK 5 Sunda	WK 5 Thursda	WK 6 Sunda	WK 6 Thursda	WK 7 Sunda	WK7 Thursda	WK 8 Sunda
1.171875	0.5859375	0.29296875	0.1464844	0.07324219	0.0366211	0.01831055	0.0091553
2.34375	1.171875	0.5859375	0.2929688	0.14648438	0.0732422	0.03662109	0.0183106

3.125	1.5625	0.78125	0.390625	0.1953125	0.0976563	0.04882812	0.0244141
6.25	3.125	1.5625	0.78125	0.390625	0.1953125	0.09765625	0.0488281
12.5	6.25	3.125	1.5625	0.78125	0.390625	0.1953125	0.0976563
25	12.5	6.25	3.125	1.5625	0.78125	0.390625	0.1953125
50	25	12.5	6.25	3.125	1.5625	0.78125	0.390625
100	50	25	12.5	6.25	3.125	1.5625	0.78125
	100	50	25	12.5	6.25	3.125	1.5625
		100	50	25	12.5	6.25	3.125
			100	50	25	12.5	6.25
				100	50	25	12.5
					100	50	25
						100	50
							100

200.390625 200.19531 200.097656 200.04883 200.0244141 200.01221 200.006104 200.00305

WK 8 Thursd

0.00305176
0.00610352
0.01220703
0.02441406
0.04882812
0.09765625
0.1953125
0.390625
0.78125
1.5625
3.125
6.25
12.5
25
50
100
199.996948

WK 8 Thursd

0.00610352
0.01220703
0.01220703
0.02441406
0.04882812
0.09765625
0.1953125
0.390625
0.78125
1.5625
3.125
6.25
12.5
25
50
100
200.006104

WK 8 Thursda

0.00457764
0.00915527

0.01220703
0.02441406
0.04882812
0.09765625
0.1953125
0.390625
0.78125
1.5625
3.125
6.25
12.5
25
50
100
200.001526