RAPID RECOVERY CYCLE - FAST PHASE

100-DAY STRUCTURED PLAN

DAY	NANDROLONE DECANOATE	TESTOSTERONE ENANTHATE	TAMOXIFEN	HCG	CLOMIPHENE
1	250 mg	250 mg			
2					
3					
4					
5					
6					
7					
8	250 mg	250 mg			
9					
10					
11					
12					
13					
14					
15	250 mg	250 mg			
16					
17					
18					
19					
20					
21					
22	250 mg	250 mg			
23					
24					
25					
26					
27					
28					
29	250 mg	250 mg			
30					
31					
32					
33					
34					
35					
36	250 mg	250 mg		1500 IU	
37			10 mg daily		
38			10 mg daily		
39			10 mg daily		
40			10 mg daily		
41			10 mg daily		
42			10 mg daily		
43	250 mg	250 mg	10 mg daily	1500 IU	
44			10 mg daily		
45			20 mg daily		
46			20 mg daily		
47			20 mg daily		
48			20 mg daily		

49			20 mg daily		
50	250 mg	250 mg	20 mg daily	1500 IU	
51			20 mg daily		
52			20 mg daily		
53			20 mg daily		
54			20 mg daily		
55			20 mg daily		
56			20 mg daily		
57	250 mg	250 mg	20 mg daily	1500 IU	
58			20 mg daily		
59			20 mg daily		
60			20 mg daily		
61			20 mg daily		
62			20 mg daily		
63			20 mg daily		
64	250 mg	250 mg	20 mg daily	1500 IU	
65			20 mg daily		
66			20 mg daily		
67			20 mg daily		
68			20 mg daily		
69			20 mg daily		
70			20 mg daily		
71			20 mg daily	1500 IU	300 mg daily
72			20 mg daily		150 mg daily
73			20 mg daily		100 mg daily
74			20 mg daily		100 mg daily
75			20 mg daily		100 mg daily
76			20 mg daily	1000 IU	100 mg daily
77			20 mg daily		100 mg daily
78			20 mg daily		100 mg daily
79			20 mg daily		100 mg daily
80			20 mg daily		100 mg daily
81			20 mg daily		100 mg daily
82			20 mg daily		100 mg daily
83			20 mg daily		100 mg daily
84			20 mg daily		100 mg daily
85			20 mg daily		100 mg daily
86			20 mg daily		50 mg daily
87			20 mg daily		50 mg daily
88			20 mg daily		50 mg daily
89			20 mg daily		50 mg daily
90			20 mg daily		50 mg daily
91					50 mg daily
92					50 mg daily
93					50 mg daily
94					50 mg daily
95					50 mg daily
96					50 mg daily
97					50 mg daily
98					50 mg daily
99					50 mg daily
100					50 mg daily