

Mountainbike Cycle

Duration 8 weeks

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Equipoise	300mg/week	300mg/week	300mg/week	300mg/week	300mg/week	300mg/week	300mg/week	300mg/week
Deca	150mg/week	150mg/week	150mg/week	150mg/week	150mg/week	150mg/week	150mg/week	150mg/week
Clenbuterol	<i>see notes below</i>							

Needed:

CicconeEquipoise

1

CicconeDeca 100

1

CicconeClenbuterol

1

Days

56

Notes:

- Clenbuterol used during cycling
- Mix 4 tabs (40mcg/tab) into 500ml of water and glucose mixture
- Mix 200g of glucose in 500ml
- *Sip at a rate that will cover your cycling duration*

Important: Do not use if you are going to be tested!!!!