THE RUSSIAN DOPING SCANDAL

Months before the Rio Olympics, Russia’s former antidoping lab director told the New York Times he covered up doping at the 2014 Sochi Games. Here, we look at the drugs allegedly used.

**ANABOLIC STEROIDS**

Anabolic (or anabolic-androgenic) steroids are drugs that have similar structures to testosterone and mimic its effects in the body. They help athletes increase muscle mass. And although they are banned by all major sports bodies, they are the most frequently detected doping substances in sports.

**FAILED TESTS IN 2014**

148 REPORTED
BY THE WORLD ANTI-DOPING AGENCY

If a Russian sample-swapping operation had not replaced tainted urine samples with clean ones, then this figure would likely be higher.

**“THE DUCHESS”: A COCKTAIL OF THREE ANABOLIC STEROIDS**

- **ORAL TURINABOL**
  - Switched to trenbolone (below) after the 2012 London Games

- **OXANDROZONE**

- **METHASTERONE**

**Detectable**

THREE TO FIVE DAYS

Russia’s former antidoping lab director says he mixed the steroids with alcohol so they’d dissolve more readily. Athletes swished the mixture in their mouths then spit it out. Absorption through the cheek lining shortened the window during which the steroids could be detected.

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