



Heart of Midlothian ASC

Training Schedule – 2021 / 2022 Season



	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
TIER 1	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730	RCP 0530-0730	MERRY CHRISTMAS!	
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030	RCP 0530-0730			
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030	RCP 0530-0730			
TIER 4	Forrester 1900-2015		Forrester 1900-2015				
TIER 5	Forrester 1800-1900		Forrester 1800-1900				
TIER 6	Forrester 1800-1900		Forrester 1800-1900				
SWIFT	Forrester 2015-2115		Forrester 2015-2115				
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045	Forrester 2015-2115				



Hearts...beat faster

www.swimhearts.com





Heart of Midlothian ASC

Training Schedule – 2021 / 2022 Season



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
TIER 1	RCP 0530-0730	Drumbrae 1800-1945	RCP 0530-0730	RCP 0530-0730	RCP 0530-0730	HAPPY NEW YEAR!	
TIER 2	RCP TP 0600-0730		RCP 1800-1930	RCP TP 0600-0730			
TIER 3	RCP TP 0600-0730		RCP 1800-1930	RCP TP 0600-0730			
TIER 4			Forrester 1900-2015				
TIER 5			Forrester 1800-1900				
TIER 6			Forrester 1800-1900				
SWIFT			Forrester 2015-2115				
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson			Forrester 2015-2115				



Hearts...beat faster

www.swimhearts.com





Heart of Midlothian ASC

Training Schedule – 2021 / 2022 Season



	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th	Sunday 9th
TIER 1	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730	Drumbrae 1800-1930	RCP TP 0530-0730	
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030		RCP 0530-0730		RCP 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030		RCP 0530-0730		RCP TP 1700-1815
TIER 4			Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1730-1845
TIER 5			Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730
TIER 6			Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730
SWIFT			Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045			Drumbrae 1930-2045		RCP TP 1815-1930



Hearts...beat faster

www.swimhearts.com

