



Heart of Midlothian ASC

Training Schedule – September 2025



	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Club Champs 1815-2100	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Club Champs 1815-2100	RCP TP 0530-0730	Drumbrae Club Champs 1300-1800
FaST 2	RCP TP 0545-0715	Drumbrae Club Champs 1815-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
FaST 1		Drumbrae Club Champs 1815-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 4	SMC Sports Centre 1900-2000	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900		Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 2	SMC Sports Centre 1800-1900	Drumbrae Club Champs 1815-2100					Drumbrae Club Champs 1300-1800
TaSK 1		Drumbrae Club Champs 1815-2100					Drumbrae Club Champs 1300-1800
SwiFT	Drumbrae 2000-2100	Drumbrae Club Champs 1815-2100	SMC Sports Centre 2000-2100				RCP 1800-1930
MASTERS		RCP 1930-2100		Ainslie Park 1930-2045			RCP 1800-1930



Heart of Midlothian ASC

Training Schedule – September / October 2025



	Monday 29th	Tuesday 30th	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Club Champs 1815-2100	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1700-1900		RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	Drumbrae Club Champs 1815-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		Drumbrae Club Champs 1815-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	SMC Sports Centre 1900-2000	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900	Drumbrae Club Champs 1815-2100			Drumbrae 1815-1915		Drumbrae 1500-1550
TaSK 1		Drumbrae Club Champs 1815-2100					Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100	Drumbrae Club Champs 1815-2100	SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		RCP 1930-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – October 2025



	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1700-1900	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900				Drumbrae 1815-1915		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – October 2025



	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1700-1900	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900				Drumbrae 1815-1915		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Heart of Midlothian ASC

Training Schedule – October 2025



	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 National Leagues 1815-2100	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae National Leagues 1815-2100		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae National Leagues 1815-2100		RCP TP 1715-1830
TaSK 4	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls				Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900						Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – October / November 2025



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1700-1900	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900				Drumbrae 1815-1915		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – November 2025



	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th	Sunday 9th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 National Leagues 1815-2100	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae National Leagues 1815-2100		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae National Leagues 1815-2100		RCP TP 1715-1830
TaSK 4	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls				Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900						Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945