



Heart of Midlothian ASC

Training Schedule – February / March 2026



	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 1st
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 Swim 1815-1945	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP TP 1715-1830
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	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – March 2026



	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
NATIONAL	RCP 0530-0730 SMC Sports Centre 1800-2000	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		
FaST 2	RCP TP 0545-0715 SMC Sports Centre 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		
FaST 1	SMC Sports Centre 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		



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Training Schedule – March 2026



	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
NATIONAL	RCP 0530-0730 SMC Sports Centre 1800-2000	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae 1815-1945		
FaST 2	RCP TP 0545-0715 SMC Sports Centre 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		Drumbrae 1815-1945		
FaST 1	SMC Sports Centre 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae 1945-2100		
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		



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Training Schedule – March 2026



	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
NATIONAL	RCP 0530-0730 SMC Sports Centre 1800-2000	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715 SMC Sports Centre 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1	SMC Sports Centre 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae TaSK Development Challenge 1545-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae TaSK Development Challenge 1545-1800
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae TaSK Development Challenge 1545-1800
TaSK 1							Drumbrae TaSK Development Challenge 1545-1800
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – March 2026



	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
NATIONAL	RCP 0530-0730 SMC Sports Centre 1800-2000	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715 SMC Sports Centre 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1	SMC Sports Centre 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945