



# Heart of Midlothian ASC

## Training Schedule – March 2026



	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
<b>NATIONAL</b>	RCP 0530-0730 <b>SMC Sports Centre</b> 1800-2000	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  <b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	
<b>FaST 2</b>	RCP TP 0545-0715 <b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	RCP 1800-2000		RCP 0530-0730		RCP TP 1715-1830 (non-SNAGs) RCP 1730-1930 (SNAGs only)
<b>FaST 1</b>	<b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	<b>Ainslie Park</b> 1730-1930	RCP 0545-0715	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830 (non-SNAGs) RCP 1730-1930 (SNAGs only)
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1650-1800
<b>TaSK 3</b>	<b>Drumbrae</b> 1800-1900 Boys 1900-2000 Girls		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1550-1650
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		<b>Drumbrae</b> 1500-1550
<b>TaSK 1</b>							<b>Drumbrae</b> 1500-1550
<b>SwiFT</b>	<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		
<b>MASTERS</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			RCP TP 1830-1945



# Heart of Midlothian ASC

## Training Schedule – March / April 2026



	Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
<b>NATIONAL</b>	RCP 0530-0730 <b>SMC Sports Centre</b> 1800-2000	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	<b>Ainslie Park</b> 1730-1930	<b>RCP</b> 0600-0730  <b>Drumbrae</b> 1815-2015		RCP 1730-1845
<b>FaST 2</b>	RCP TP 0545-0715 <b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	<b>Ainslie Park</b> 1730-1930 (non-SNAGs) RCP 1800-2000 SNAGs only)		<b>RCP</b> 0600-0730  <b>Drumbrae</b> 1815-2015		RCP 1730-1845
<b>FaST 1</b>	<b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	<b>Ainslie Park</b> 1730-1930 (non-SNAGs) RCP 1800-2000 SNAGs only)	RCP 0545-0715	<b>RCP</b> 0600-0730  <b>Drumbrae</b> 1815-2015		RCP 1730-1845
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015				<b>Drumbrae</b> 1650-1800
<b>TaSK 3</b>	<b>Drumbrae</b> 1800-1900 Boys 1900-2000 Girls		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1550-1650
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900						<b>Drumbrae</b> 1500-1550
<b>TaSK 1</b>							<b>Drumbrae</b> 1500-1550
<b>SWIFT</b>	<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115				
<b>MASTERS</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			RCP 1845-1945



# Heart of Midlothian ASC

## Training Schedule – April 2026



	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
<b>NATIONAL</b>		<b>Drumbrae</b> 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>RCP</b> 0530-0730  <b>Drumbrae</b> 1815-1945	<b>RCP TP</b> 0530-0730	<b>RCP</b> 1730-1930
<b>FaST 2</b>		<b>Drumbrae</b> 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>RCP</b> 0530-0730  <b>Drumbrae</b> 1815-1945		<b>RCP</b> 1730-1930
<b>FaST 1</b>		<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		<b>RCP TP</b> 1715-1830
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015	<b>RCP</b> 1930-2100	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1650-1800
<b>TaSK 3</b>	<b>Drumbrae</b> 1800-1900 Boys 1900-2000 Girls		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1550-1650
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		<b>Drumbrae</b> 1500-1550
<b>TaSK 1</b>							<b>Drumbrae</b> 1500-1550
<b>SWIFT</b>	<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		
<b>MASTERS</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945





# Heart of Midlothian ASC

Training Schedule – April 2026



	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
<b>NATIONAL</b>		<b>Drumbrae</b> 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>FaST 2</b>		<b>Drumbrae</b> 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> 1945-2100		<b>RCP TP</b> 1715-1830
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015	<b>RCP</b> 1930-2100	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1650-1800
<b>TaSK 3</b>	<b>Drumbrae</b> 1800-1900 Boys 1900-2000 Girls		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1550-1650
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		<b>Drumbrae</b> 1500-1550
<b>TaSK 1</b>							<b>Drumbrae</b> 1500-1550
<b>SWIFT</b>	<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		
<b>MASTERS</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945



# Heart of Midlothian ASC

## Training Schedule – April 2026



	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
<b>NATIONAL</b>	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	
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		RCP 1930-2100	Ainslie Park 1730-1930	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
<b>TaSK 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
<b>TaSK 3</b>	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
<b>TaSK 2</b>	Forrester 1800-1900				Forrester 1800-1900		Drumbrae 1500-1550
<b>TaSK 1</b>							Drumbrae 1500-1550
<b>SWIFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
<b>MASTERS</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945