



# Heart of Midlothian ASC

## Training Schedule – April / May 2026



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st	Saturday 2nd	Sunday 3rd
<b>NATIONAL</b>	RCP 0530-0730	Drumbrae 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	RCP 1800-2000		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 TaSK Development Challenge 1545-1800
<b>TaSK 3</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae TaSK Development Challenge 1545-1800
<b>TaSK 2</b>	Forrester 1800-1900				Forrester 1800-1900		Drumbrae TaSK Development Challenge 1545-1800
<b>TaSK 1</b>							Drumbrae TaSK Development Challenge 1545-1800
<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



# Heart of Midlothian ASC

## Training Schedule – May 2026



	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
<b>NATIONAL</b>	RCP 0530-0730 <b>SMC Sports Centre</b> 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	
<b>FaST 2</b>	RCP TP 0545-0715 <b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>	<b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	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



# Heart of Midlothian ASC

## Training Schedule – May 2026



	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
<b>NATIONAL</b>	RCP 0530-0730 <b>SMC Sports Centre</b> 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	
<b>FaST 2</b>	RCP TP 0545-0715 <b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>	<b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	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



# Heart of Midlothian ASC

## Training Schedule – May 2026



	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
<b>NATIONAL</b>	RCP 0530-0730 <b>SMC Sports Centre</b> 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	
<b>FaST 2</b>	RCP TP 0545-0715 <b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>	<b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	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



# Heart of Midlothian ASC

## Training Schedule – May 2026



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
<b>NATIONAL</b>	RCP 0530-0730 <b>SMC Sports Centre</b> 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	
<b>FaST 2</b>	RCP TP 0545-0715 <b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>	<b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	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



# Heart of Midlothian ASC

## Training Schedule – June 2026



	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
<b>NATIONAL</b>	RCP 0530-0730 <b>SMC Sports Centre</b> 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	
<b>FaST 2</b>	RCP TP 0545-0715 <b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>	<b>SMC Sports Centre</b> 1800-2000	RCP 1930-2100	Queensferry High 1900-2030	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 TaSK Development Challenge 1545-1800
<b>TaSK 3</b>	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae TaSK Development Challenge 1545-1800
<b>TaSK 2</b>	Forrester 1800-1900				Forrester 1800-1900		Drumbrae TaSK Development Challenge 1545-1800
<b>TaSK 1</b>							Drumbrae TaSK Development Challenge 1545-1800
<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