



Heart of Midlothian ASC

Training Schedule – August 2026



	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
NATIONAL		Drumbrae 1815-1945	RCP 1800-2000	Ainslie Park 1730-1930	Drumbrae 1815-1945		RCP 1730-1930
FaST 2		Drumbrae 1815-1945 or RCP 1930-2100	RCP 1800-2000 or Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae 1815-1945		RCP 1730-1930
FaST 1		RCP 1930-2100	Ainslie Park 1730-1930		Drumbrae 1945-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 3	Forrester 1800-1900		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				
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Hearts...beat faster

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