Heart of Midlothian ASC

Training Schedule – October 2026

	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd	Saturday 24th	Sunday 25th
NATIONAL	**RCP** 0530-0730	**Drumbrae** Land 1715-1800 Swim 1815-1945	**RCP** 0530-0730 **RCP** 1800-2000	**Ainslie Park** 1730-1930	**RCP** 0530-0730 **Drumbrae** Land 1715-1800 Nat Leagues 1800-2100	**RCP** 0530-0730	
FaST 2	**SMC Sports Centre** 1800-2000	**RCP** 1930-2100	**Ainslie Park** 1730-1930	**RCP** 0530-0730	**Drumbrae** Land 1715-1800 Nat Leagues 1800-2100	**RCP** 0530-0730	**RCP** Land 1700-1730 Swim 1730-1930
FaST 1		**RCP** 1930-2100	**Queensferry High** 1900-2030	**RCP** 0530-0730	**Drumbrae** Land 1715-1800 Nat Leagues 1800-2100		**RCP** Land 1700-1730 Swim 1730-1930
TaSK 4	**Forrester** 1900-2015		**Forrester** 1900-2015		**Forrester** 1900-2015		**Drumbrae** 1650-1800
TaSK 3	**Drumbrae** 1800-1900 or 1900-2000		**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 DP** 1750-1900

Heart of Midlothian ASC

Training Schedule – October / November 2026

	Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th	Saturday 31st	Sunday 1st
NATIONAL	**RCP** 0530-0730	**Drumbrae** Land 1715-1800 Swim 1815-1945	**RCP** 0530-0730 **RCP** 1800-2000	**Ainslie Park** 1730-1930	**RCP** 0530-0730 **Drumbrae** Land 1715-1800 Swim 1815-1945	**RCP** 0600-0800	
FaST 2	**SMC Sports Centre** 1800-2000	**RCP** 1930-2100	**Ainslie Park** 1730-1930	**RCP** 0530-0730		**RCP** 0600-0800	**RCP** Land 1700-1730 Swim 1730-1930
FaST 1		**RCP** 1930-2100	**Queensferry High** 1900-2030	**RCP** 0530-0730	**Drumbrae** Land 1900-1945 Swim 1945-2100		**RCP** Land 1700-1730 Swim 1730-1930
TaSK 4	**Forrester** 1900-2015		**Forrester** 1900-2015		**Forrester** 1900-2015		**Drumbrae** 1650-1800
TaSK 3	**Drumbrae** 1800-1900 or 1900-2000		**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 DP** 1750-1900

Heart of Midlothian ASC

Training Schedule – November 2026

	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
NATIONAL	**RCP** 0530-0730	**Drumbrae** Land 1715-1800 Swim 1815-1945	**RCP** 0530-0730 **RCP** 1800-2000	**Ainslie Park** 1730-1930	**RCP** 0530-0730 **Drumbrae** Land 1715-1800 Swim 1815-1945	**RCP** 0600-0800	
FaST 2	**SMC Sports Centre** 1800-2000	**RCP** 1930-2100	**Ainslie Park** 1730-1930	**RCP** 0530-0730		**RCP** 0600-0800	**RCP** Land 1700-1730 Swim 1730-1930
FaST 1		**RCP** 1930-2100	**Queensferry High** 1900-2030	**RCP** 0530-0730	**Drumbrae** Land 1900-1945 Swim 1945-2100		**RCP** Land 1700-1730 Swim 1730-1930
TaSK 4	**Forrester** 1900-2015		**Forrester** 1900-2015		**Forrester** 1900-2015		**Drumbrae** 1550-1800 Whike Trophy
TaSK 3	**Drumbrae** 1800-1900 or 1900-2000		**Forrester** 1800-1900				**Drumbrae** 1550-1800 Whike Trophy
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 DP** 1750-1900

Heart of Midlothian ASC

Training Schedule – November 2026

	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
NATIONAL	**RCP** 0530-0730	**Drumbrae** Land 1715-1800 Swim 1815-1945	**RCP** 0530-0730 **RCP** 1800-2000	**Ainslie Park** 1730-1930	**RCP** 0530-0730 **Drumbrae** Land 1715-1800 Swim 1815-1945		
FaST 2	**SMC Sports Centre** 1800-2000	**RCP** 1930-2100	**Ainslie Park** 1730-1930	**RCP** 0530-0730			**RCP** Land 1700-1730 Swim 1730-1930
FaST 1		**RCP** 1930-2100	**Queensferry High** 1900-2030	**RCP** 0530-0730	**Drumbrae** Land 1900-1945 Swim 1945-2100		**RCP** Land 1700-1730 Swim 1730-1930
TaSK 4	**Forrester** 1900-2015		**Forrester** 1900-2015		**Forrester** 1900-2015		**Drumbrae** 1650-1800
TaSK 3	**Drumbrae** 1800-1900 or 1900-2000		**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 DP** 1750-1900