



Heart of Midlothian ASC

Training Schedule – 2017 / 2018 Season



Week Number: 11	Monday 23-10-17	Tuesday 24-10-17	Wednesday 25-10-17	Thursday 26-10-17	Friday 27-10-17	Saturday 28-10-17	Sunday 29-10-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 12	Monday 30-10-17	Tuesday 31-10-17	Wednesday 01-11-17	Thursday 02-11-17	Friday 03-11-17	Saturday 04-11-17	Sunday 05-11-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 13	Monday 06-11-17	Tuesday 07-11-17	Wednesday 08-11-17	Thursday 09-11-17	Friday 10-11-17	Saturday 11-11-17	Sunday 12-11-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SWiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Training Schedule – 2017 / 2018 Season



Week Number: 14	Monday 13-11-17	Tuesday 14-11-17	Wednesday 15-11-17	Thursday 16-11-17	Friday 17-11-17	Saturday 18-11-17	Sunday 19-11-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 15	Monday 20-11-17	Tuesday 21-11-17	Wednesday 22-11-17	Thursday 23-11-17	Friday 24-11-17	Saturday 25-11-17	Sunday 26-11-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Training Schedule – 2017 / 2018 Season



Week Number: 16	Monday 27-11-17	Tuesday 28-11-17	Wednesday 29-11-17	Thursday 30-11-17	Friday 01-12-17	Saturday 02-12-17	Sunday 03-12-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 17	Monday 04-12-17	Tuesday 05-12-17	Wednesday 06-12-17	Thursday 07-12-17	Friday 08-12-17	Saturday 09-12-17	Sunday 10-12-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Training Schedule – 2017 / 2018 Season



Week Number: 18	Monday 11-12-17	Tuesday 12-12-17	Wednesday 13-12-17	Thursday 14-12-17	Friday 15-12-17	Saturday 16-12-17	Sunday 17-12-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



Heart of Midlothian ASC

Training Schedule – 2017 / 2018 Season



Week Number: 19	Monday 18-12-17	Tuesday 19-12-17	Wednesday 20-12-17	Thursday 21-12-17	Friday 22-12-17	Saturday 23-12-17	Sunday 24-12-17
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Jill Muirden	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SWiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045