



Heart of Midlothian ASC

Training Schedule – 2017 / 2018 Season



Week Number: 45	Monday 18-06-18	Tuesday 19-06-18	Wednesday 20-06-18	Thursday 21-06-18	Friday 22-06-18	Saturday 23-06-18	Sunday 24-06-18
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: Angus Johnstone	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae TIME TRIAL 1600-1830
TaSK 2 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae TIME TRIAL 1600-1830
TaSK 1 Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae TIME TRIAL 1600-1830
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: 46	Monday 25-06-18	Tuesday 26-06-18	Wednesday 27-06-18	Thursday 28-06-18	Friday 29-06-18	Saturday 30-06-18	Sunday 01-07-18
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	Drumbrae 1800-2000		
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	Drumbrae 1800-2000		RCP 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 Land 1800-1850 Swim 1900-2030			RCP 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 1800-1930
TaSK 2 Lead Coach: Tracey Hutcheon	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1700-1800
TaSK 1 Lead Coach: Sam Caulfield	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1700-1800
SwiFT Lead Coach(es): E#3 & Others	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1800-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 47	Monday 02-07-18	Tuesday 03-07-18	Wednesday 04-07-18	Thursday 05-07-18	Friday 06-07-18	Saturday 07-07-18	Sunday 08-07-18
ELITE Lead Coach: Phil Potter		Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Trish Aitchison		Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae 1800-2000		RCP 1730-1930
FaST 1 Lead Coach: Michal Adamek		RCP Land 1915-1930 Swim 1930-2100	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1900-2030			RCP 1730-1930
TaSK 3 Lead Coach: Jill Muirden		RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1800-1900				Drumbrae 1800-1930
TaSK 2 Lead Coach: Tracey Hutcheon			Ainslie Park 1700-1800				Drumbrae 1700-1800
TaSK 1 Lead Coach: Sam Caulfield			Ainslie Park 1700-1800				Drumbrae 1700-1800
SwiFT Lead Coach(es): E#3 & Others							Drumbrae 1800-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 48	Monday 09-07-18	Tuesday 10-07-18	Wednesday 11-07-18	Thursday 12-07-18	Friday 13-07-18	Saturday 14-07-18	Sunday 15-07-18
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	Drumbrae 1800-2000		
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	Drumbrae 1800-2000		RCP 1730-1930
FaST 1 Lead Coach: Michal Adamek		RCP Land 1915-1930 Swim 1930-2100	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1900-2030			RCP 1730-1930
TaSK 3 Lead Coach: Jill Muirden		RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1800-1900				Drumbrae 1800-1930
TaSK 2 Lead Coach: Tracey Hutcheon			Ainslie Park 1700-1800				Drumbrae 1700-1800
TaSK 1 Lead Coach: Sam Caulfield			Ainslie Park 1700-1800				Drumbrae 1700-1800
SwiFT Lead Coach(es): E#3 & Others							Drumbrae 1800-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 49	Monday 16-07-18	Tuesday 17-07-18	Wednesday 18-07-18	Thursday 19-07-18	Friday 20-07-18	Saturday 21-07-18	Sunday 22-07-18
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 1800-2000	RCP 0700-0900	
FaST 2 Lead Coach: Trish Aitchison	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	Drumbrae 1800-2000		
FaST 1 Lead Coach: Michal Adamek		RCP Land 1915-1930 Swim 1930-2100		Ainslie Park 1900-2030	Drumbrae 1800-2000		
TaSK 3 Lead Coach: Jill Muirden		RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1800-1900				Drumbrae 1800-1930
TaSK 2 Lead Coach: Tracey Hutcheon			Ainslie Park 1700-1800				Drumbrae 1700-1800
TaSK 1 Lead Coach: Sam Caulfield			Ainslie Park 1700-1800				Drumbrae 1700-1800
SwiFT Lead Coach(es): E#3 & Others							Drumbrae 1800-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 50	Monday 23-07-18	Tuesday 24-07-18	Wednesday 25-07-18	Thursday 26-07-18	Friday 27-07-18	Saturday 28-07-18	Sunday 29-07-18
ELITE Lead Coach: Phil Potter	RCP 0730-0900						
FaST 2 Lead Coach: Trish Aitchison		Drumbrae 1730-1930		Ainslie Park 1700-1900	Drumbrae 1800-2000		
FaST 1 Lead Coach: Michal Adamek		Drumbrae 1730-1930		Ainslie Park 1900-2030	Drumbrae 1800-2000		
TaSK 3 Lead Coach: Jill Muirden		Drumbrae 1730-1930	Ainslie Park 1800-1900				Drumbrae 1800-1930
TaSK 2 Lead Coach: Tracey Hutcheon			Ainslie Park 1700-1800				Drumbrae 1700-1800
TaSK 1 Lead Coach: Sam Caulfield			Ainslie Park 1700-1800				Drumbrae 1700-1800
SwiFT Lead Coach(es): E#3 & Others							Drumbrae 1800-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 51	Monday 30-07-18	Tuesday 31-07-18	Wednesday 01-08-18	Thursday 02-08-18	Friday 03-08-18	Saturday 04-08-18	Sunday 05-08-18
ELITE Lead Coach: Phil Potter							
FaST 2 Lead Coach: Trish Aitchison		Drumbrae 1730-1930		Ainslie Park 1700-1900	Drumbrae 1800-2000		
FaST 1 Lead Coach: Michal Adamek		Drumbrae 1730-1930		Ainslie Park 1900-2030	Drumbrae 1800-2000		
TaSK 3 Lead Coach: Jill Muirden		Drumbrae 1730-1930	Ainslie Park 1800-1900				Drumbrae 1800-1930
TaSK 2 Lead Coach: Tracey Hutcheon			Ainslie Park 1700-1800				Drumbrae 1700-1800
TaSK 1 Lead Coach: Sam Caulfield			Ainslie Park 1700-1800				Drumbrae 1700-1800
SwiFT Lead Coach(es): E#3 & Others							Drumbrae 1800-1930
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: 52	Monday 06-08-18	Tuesday 07-08-18	Wednesday 08-08-18	Thursday 09-08-18	Friday 10-08-18	Saturday 11-08-18	Sunday 12-08-18
ELITE Lead Coach: Phil Potter							
FaST 2 Lead Coach: Trish Aitchison		Drumbrae 1730-1930		Ainslie Park 1700-1900	Drumbrae 1800-2000		
FaST 1 Lead Coach: Michal Adamek		Drumbrae 1730-1930		Ainslie Park 1900-2030	Drumbrae 1800-2000		
TaSK 3 Lead Coach: Jill Muirden		Drumbrae 1730-1930	Ainslie Park 1800-1900				Drumbrae 1800-1930
TaSK 2 Lead Coach: Tracey Hutcheon			Ainslie Park 1700-1800				Drumbrae 1700-1800
TaSK 1 Lead Coach: Sam Caulfield			Ainslie Park 1700-1800				Drumbrae 1700-1800
SwiFT Lead Coach(es): E#3 & Others							Drumbrae 1800-1930
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: 1	Monday 13-08-18	Tuesday 14-08-18	Wednesday 15-08-18	Thursday 16-08-18	Friday 17-08-18	Saturday 18-08-18	Sunday 19-08-18
ELITE	Speak to Phil re options						
Lead Coach: Phil Potter							
FaST 2 Lead Coach: Trish Aitchison		Drumbrae 1730-1930	Ainslie Park 1700-1900	Ainslie Park 1700-1900	Drumbrae 1800-2000		RCP 1730-1930
FaST 1 Lead Coach: Michal Adamek		Drumbrae 1730-1930	Ainslie Park 1700-1900	Ainslie Park 1900-2030	Drumbrae 1800-2000		RCP 1730-1930
TaSK 3 Lead Coach: Jill Muirden		Drumbrae 1730-1930	Forrester 1900-2030		Forrester 1900-2015		Drumbrae 1700-1830
TaSK 2 Lead Coach: Tracey Hutcheon			Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1600-1700
TaSK 1 Lead Coach: Sam Caulfield			Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1600-1700
SwiFT Lead Coach(es): E#3 & Others			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

