



# Heart of Midlothian ASC

## Training Schedule – 2018 / 2019 Season



Week Number: 18	Monday 10/12/2018	Tuesday 11/12/2018	Wednesday 12/12/2018	Thursday 13/12/2018	Friday 14/12/2018	Saturday 15/12/2018	Sunday 16/12/2018
<b>ELITE</b> 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 4700-1800 Swim 1745-1945	RCP 0600-0800	<b>Drumbrae CHRISTMAS CLUB NIGHT 1600-1930</b>
<b>FaST 2</b> Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730  Forrester 1900-2030	Drumbrae 1730-1930	RCP 0530-0730  RCP 4800-2000	Ainslie Park Land 1800-18500 Swim 1900-2030			
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730  Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park Land 1800-18500 Swim 1900-2030			
<b>TaSK 3</b> Lead Coach: Angus Johnstone	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		
<b>TaSK 2</b> Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		
<b>TaSK 1</b> Lead Coach: TBC	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		
<b>SWIFT</b> Lead Coach(es): Angus Johnstone	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Week Number: 19	Monday 17/12/2018	Tuesday 18/12/2018	Wednesday 19/12/2018	Thursday 20/12/2018	Friday 21/12/2018	Saturday 22/12/2018	Sunday 23/12/2018
<b>ELITE</b> 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 1745-1930		
<b>FaST 2</b> Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730  Forrester 1900-2030	Drumbrae 1730-1930	RCP 0530-0730  RCP 1800-2000	Ainslie Park Land 1800-18500 Swim 1900-2030			RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730  Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1745-1900	Ainslie Park Land 1800-18500 Swim 1900-2030			RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	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
<b>TaSK 2</b> Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: TBC	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach(es): Angus Johnstone	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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## Training Schedule – 2018 / 2019 Season



Week Number: 20	Monday 24/12/2018	Tuesday 25/12/2018	Wednesday 26/12/2018	Thursday 27/12/2018	Friday 28/12/2018	Saturday 29/12/2018	Sunday 30/12/2018
<b>ELITE</b> Lead Coach: Phil Potter	RCP 0530-0730	<b>MERRY CHRISTMAS!</b>			RCP 0530-0730  Drumbrae Spin 1730-1810 Swim 1815-1945	RCP 0600-0800	RCP Land 1700-1730 Swim 1730-1930
<b>FaST 2</b> Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730				RCP 0530-0730  Drumbrae Spin 1730-1810 Swim 1815-1945	RCP 0600-0800	RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730				Drumbrae Spin 1615-1655 Swim 1700-1815		RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	RCP (teaching pool) 0600-0730				Drumbrae Spin 1500-1540 Swim 1545-1700		RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 2</b> Lead Coach: Amy Kerr					Ainslie Park 1700-1815		Drumbrae 1630-1730
<b>TaSK 1</b> Lead Coach: TBC					Ainslie Park 1700-1815		Drumbrae 1530-1630
<b>SwiFT</b> Lead Coach(es): Angus Johnstone					Ainslie Park 1815-1945		
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson					Ainslie Park 1815-1945		



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## Training Schedule – 2018 / 2019 Season



Week Number: 21	Monday 31/12/2018	Tuesday 01/01/2019	Wednesday 02/01/2019	Thursday 03/01/2019	Friday 04/01/2019	Saturday 05/01/2019	Sunday 06/01/2019	
<b>ELITE</b> Lead Coach: Phil Potter	RCP 0530-0730	<b>HAPPY NEW YEAR!</b>	RCP 0530-0730  RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730  Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800		
<b>FaST 2</b> Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730		RCP 0530-0730  RCP 1800-2000	Ainslie Park Land 1800-18500 Swim 1900-2030				RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730			Ainslie Park Land 1800-18500 Swim 1900-2030				RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	RCP (teaching pool) 0600-0730					Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
<b>TaSK 2</b> Lead Coach: Amy Kerr						Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: TBC						Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach(es): Angus Johnstone						Forrester 2015-2130		Drumbrae 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson					Ainslie Park 2030-2145			Drumbrae 1930-2045



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## Training Schedule – 2018 / 2019 Season



Week Number: 22	Monday 07/01/2019	Tuesday 08/01/2019	Wednesday 09/01/2019	Thursday 10/01/2019	Friday 11/01/2019	Saturday 12/01/2019	Sunday 13/01/2019
<b>ELITE</b> Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae Pilates / Yoga 1700-1750 Swim 1750-1930	RCP 0530-0730  RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730  Drumbrae Land 4700-1800 Swim 1745-1930	RCP 0600-0800	
<b>FaST 2</b> Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730  Forrester 1900-2030	Drumbrae 1730-1930	RCP 0530-0730  RCP 1800-2000	Ainslie Park Land 1800-18500 Swim 1900-2030			RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730  Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park Land 1800-18500 Swim 1900-2030			RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	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
<b>TaSK 2</b> Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: TBC	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach(es): Angus Johnstone	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045