



Heart of Midlothian ASC

Training Schedule – 2018 / 2019 Season



Week Number: 27	Monday 11/02/2019	Tuesday 12/02/2019	Wednesday 13/02/2019	Thursday 14/02/2019	Friday 15/02/2019	Saturday 16/02/2019	Sunday 17/02/2019
ELITE Lead Coach: Phil Potter	Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	RCP 0600-0730 Forrester 1900-2030		Forrester 1900-2015		Drumbrae 1700-1830
FaST 2 Lead Coach: Michal Adamek	Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	RCP 0600-0730 Forrester 1900-2030		Forrester 1900-2015		Drumbrae 1700-1830
FaST 1 Lead Coach: Jill Muirden	Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	RCP 0600-0730 Forrester 1900-2030		Forrester 1900-2015		Drumbrae 1700-1830
TaSK 3 Lead Coach: Angus Johnstone	Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	RCP 0600-0730 Forrester 1900-2030		Forrester 1900-2015		Drumbrae 1700-1830
TaSK 2 Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: -	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach: Angus Johnstone	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: 28	Monday 18/02/2019	Tuesday 19/02/2019	Wednesday 20/02/2019	Thursday 21/02/2019	Friday 22/02/2019	Saturday 23/02/2019	Sunday 24/02/2019
ELITE Lead Coach: Phil Potter	RCP 0600-0730 Forrester 1900-2030	Drumbrae Pilates / Yoga 1700-1750 Swim 1800-1930	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: Michal Adamek	RCP 0600-0730 Forrester 1900-2030	Drumbrae Pilates / Yoga 1700-1750 Swim 1800-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park Land 1800-1850 Swim 1900-2030	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	Drumbrae Land 1600-1650 Swim 1700-1830
FaST 1 Lead Coach: Jill Muirden	RCP 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park Land 1800-1850 Swim 1900-2030			Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 3 Lead Coach: Angus Johnstone	RCP 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: -	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach: Angus Johnstone	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