



Heart of Midlothian ASC

Training Schedule – 2018 / 2019 Season



Week Number: 33	Monday 25/03/2019	Tuesday 26/03/2019	Wednesday 27/03/2019	Thursday 28/03/2019	Friday 29/03/2019	Saturday 30/03/2019	Sunday 31/03/2019
ELITE Lead Coach: Phil Potter	RCP 0600-0730	Drumbrae 1730-1900	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		
FaST 2 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	Drumbrae 1730-1900	RCP 0530-0730 RCP 1800-2000	Ainslie Park Land 1800-1850 Swim 1900-2030			Drumbrae Land 1600-1650 Swim 1700-1830
FaST 1 Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	RCP 1800-2000	Ainslie Park Land 1800-1850 Swim 1900-2030			Drumbrae Land 1600-1650 Swim 1700-1830
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 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: TBC	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SWIFT Lead Coach(es): 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: 34	Monday 01/04/2019	Tuesday 02/04/2019	Wednesday 03/04/2019	Thursday 04/04/2019	Friday 05/04/2019	Saturday 06/04/2019	Sunday 07/04/2019
ELITE Lead Coach: Phil Potter	RCP 0600-0730	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: Michal Adamek	RCP 0600-0730 Forrester 1900-2030	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park Land 1800-1850 Swim 1900-2030			RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coaches: Jill Muirden Michal Adamek	RCP 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030	Ainslie Park Land 1800-1850 Swim 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Angus Johnstone	RCP 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: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: TBC	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SWIFT Lead Coach(es): 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: 35	Monday 08/04/2019	Tuesday 09/04/2019	Wednesday 10/04/2019	Thursday 11/04/2019	Friday 12/04/2019	Saturday 13/04/2019	Sunday 14/04/2019
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000		RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 2000-2130	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000		RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	RCP Land 1700-1730 Swim 1730-1930
FaST 1 Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 2000-2130	RCP Land 1915-1930 Swim 1930-2100	Forrester 2000-2130		Forrester 2000-2130		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 2000-2130		Forrester 2000-2130		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Amy Kerr	Forrester 1900-2000		Forrester 1900-2000		Forrester 1900-2000		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: TBC	Forrester 1900-2000		Forrester 1900-2000		Forrester 1900-2000		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach(es): Angus Johnstone	Forrester 2000-2130		Forrester 2000-2130		Forrester 2000-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2145			Drumbrae 1930-2045



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Sunday 36	Monday 15/04/2019	Tuesday 16/04/2019	Wednesday 17/04/2019	Thursday 18/04/2019	Friday 19/04/2019	Saturday 20/04/2019	Sunday 21/04/2019
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		
FaST 2 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
FaST 1 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
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 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: TBC	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SWIFT Lead Coach(es): 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