



# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	12/08/2019	13/08/2019	14/08/2019	15/08/2019	16/08/2019	17/08/2019	18/08/2019
<b>ELITE</b> Lead Coach: Phil Potter	RCP 0600-0730		RCP 1800-2000	Ainslie Park 1700-1900			
<b>FaST 2</b> Lead Coach: Michal Adamek	RCP 0600-0730		RCP 1800-2000	Ainslie Park 1700-1900			
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	RCP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	RCP 1800-2000	Ainslie Park 1900-2030			RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	RCP 0600-0730	RCP Land 1915-1930 Swim 1930-2100		Ainslie Park 1900-2030			Drumbrae Land 1600-1650 Swim 1700-1830
<b>TaSK 2</b> Lead Coach: Ellie Starkey			Ainslie Park 1730-1900				Drumbrae Land 1600-1650 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: Amy Kerr			Ainslie Park 1730-1900				Drumbrae Land 1600-1650 Swim 1600-1700
<b>SwiFT</b> Lead Coach: Angus Johnstone		RCP Land 1915-1930 Swim 1930-2100		Ainslie Park 1900-2030			Drumbrae 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson				Ainslie Park 2030-2145			Drumbrae 1930-2045



# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number: 2	Monday 19/08/2019	Tuesday 20/08/2019	Wednesday 21/08/2019	Thursday 22/08/2019	Friday 23/08/2019	Saturday 24/08/2019	Sunday 25/08/2019
<b>ELITE</b> Lead Coach: Phil Potter	<b>Synergy Gym</b> 0600-0700	<b>Drumbrae GIRLS</b> Pilates/Yoga 1650-1720 Swim 1730-1900 <b>BOYS</b> Pilates/Yoga 1720-1750 Swim 1800-1930	<b>RCP</b> 1800-1930	<b>Ainslie Park</b> 1700-1830	<b>RCP</b> 0600-0730		
<b>FaST 2</b> Lead Coach: Michal Adamek							
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	<b>RCP</b> 0600-0730	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Ainslie Park</b> 1715-1900	<b>Ainslie Park</b> Land 1800-1850 Swim 1900-2030			<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	<b>RCP</b> 0600-0730	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Forrester</b> 1900-2030		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> Land 1600-1650 Swim 1700-1830
<b>TaSK 2</b> Lead Coach: Ellie Starkey			<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: Amy Kerr			<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach: Angus Johnstone			<b>Forrester</b> 2030-2130		<b>Forrester</b> 2015-2130		<b>Drumbrae</b> 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2100		<b>Ainslie Park</b> 2030-2145			<b>Drumbrae</b> 1930-2045



# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number: 3	Monday 26/08/2019	Tuesday 27/08/2019	Wednesday 28/08/2019	Thursday 29/08/2019	Friday 30/08/2019	Saturday 31/08/2019	Sunday 01/09/2019
<b>ELITE</b> Lead Coach: Phil Potter	Synergy Gym 0600-0700	<b>Drumbrae GIRLS</b> Pilates/Yoga 1650-1720 Swim 1730-1900 <b>BOYS</b> Pilates/Yoga 1720-1750 Swim 1800-1930	RCP 1800-1930	Ainslie Park 1700-1830	RCP 0600-0730	RCP 0600-0730	
<b>FaST 2</b> Lead Coach: Michal Adamek							
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	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			RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	RCP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 2</b> Lead Coach: Ellie Starkey	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		<b>Drumbrae</b> Time Trial 1600-1830
<b>TaSK 1</b> Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		<b>Drumbrae</b> Time Trial 1600-1830
<b>SwiFT</b> Lead Coach: Angus Johnstone	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		<b>Drumbrae</b> 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2100		Ainslie Park 2030-2145			<b>Drumbrae</b> 1930-2045



# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number: 4	Monday 02/09/2019	Tuesday 03/09/2019	Wednesday 04/09/2019	Thursday 05/09/2019	Friday 06/09/2019	Saturday 07/09/2019	Sunday 08/09/2019
<b>ELITE</b> Lead Coach: Phil Potter	Synergy Gym 0600-0700	<b>Drumbrae GIRLS</b> Pilates/Yoga 1650-1720 Swim 1730-1900 <b>BOYS</b> Pilates/Yoga 1720-1750 Swim 1800-1930	<b>RCP</b> 0600-0730 <b>RCP</b> 1800-1930	<b>Ainslie Park</b> 1700-1830	<b>RCP</b> 0600-0730	<b>RCP</b> 0600-0730	
<b>FaST 2</b> Lead Coach: Michal Adamek							
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	<b>RCP</b> 0600-0730  <b>Forrester</b> 1900-2030	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Ainslie Park</b> 1715-1900	<b>Ainslie Park</b> Land 1800-1850 Swim 1900-2030			<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	<b>RCP</b> 0600-0730	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Forrester</b> 1900-2030		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> Land 1600-1650 Swim 1700-1830
<b>TaSK 2</b> Lead Coach: Ellie Starkey	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: Amy Kerr	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach: Angus Johnstone	<b>Forrester</b> 2030-2130		<b>Forrester</b> 2030-2130		<b>Forrester</b> 2015-2130		<b>Drumbrae</b> 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2100		<b>Ainslie Park</b> 2030-2145			<b>Drumbrae</b> 1930-2045



# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number: 5	Monday 09/09/2019	Tuesday 10/09/2019	Wednesday 11/09/2019	Thursday 12/09/2019	Friday 13/09/2019	Saturday 14/09/2019	Sunday 15/09/2019
<b>ELITE</b> Lead Coach: Phil Potter	Synergy Gym 0600-0700	<b>Drumbrae GIRLS</b> Pilates/Yoga 1650-1720 Swim 1730-1900 <b>BOYS</b> Pilates/Yoga 1720-1750 Swim 1800-1930	<b>RCP</b> 0600-0730 <b>RCP</b> 1800-1930	<b>Ainslie Park</b> 1700-1830	<b>RCP</b> 0600-0730 <b>Drumbrae</b> Land 1700-1750 Swim 1800-1930	<b>RCP</b> 0600-0730	
<b>FaST 2</b> Lead Coach: Michal Adamek							
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	<b>RCP</b> 0600-0730  <b>Forrester</b> 1900-2030	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Ainslie Park</b> 1715-1900	<b>Ainslie Park</b> Land 1800-1850 Swim 1900-2030			<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	<b>RCP</b> 0600-0730	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Forrester</b> 1900-2030		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> Land 1600-1650 Swim 1700-1830
<b>TaSK 2</b> Lead Coach: Ellie Starkey	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: Amy Kerr	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach: Angus Johnstone	<b>Forrester</b> 2030-2130		<b>Forrester</b> 2030-2130		<b>Forrester</b> 2015-2130		<b>Drumbrae</b> 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2100		<b>Ainslie Park</b> 2030-2145			<b>Drumbrae</b> 1930-2045



# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number: 6	Monday 16/09/2019	Tuesday 17/09/2019	Wednesday 18/09/2019	Thursday 19/09/2019	Friday 20/09/2019	Saturday 21/09/2019	Sunday 22/09/2019
<b>ELITE</b> Lead Coach: Phil Potter	Synergy Gym 0600-0700	<b>Drumbrae GIRLS</b> Pilates/Yoga 1650-1720 Swim 1730-1900 <b>BOYS</b> Pilates/Yoga 1720-1750 Swim 1800-1930	<b>RCP</b> 0530-0730 <b>RCP</b> 1800-2000	<b>Ainslie Park</b> 1700-1900	<b>RCP</b> 0600-0730 <b>Drumbrae</b> Land 1700-1750 Swim 1800-1930	<b>GLASGOW Team Champs</b>	<b>Drumbrae Club Champs</b> 1400-2000
<b>FaST 2</b> Lead Coach: Michal Adamek							
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	<b>RCP</b> 0600-0730  <b>Forrester</b> 1900-2030	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Ainslie Park</b> 1715-1900	<b>Ainslie Park</b> Land 1800-1850 Swim 1900-2030			
<b>TaSK 3</b> Lead Coach: Angus Johnstone	<b>RCP</b> 0600-0730	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Forrester</b> 1900-2030		<b>Forrester</b> 1900-2015		
<b>TaSK 2</b> Lead Coach: Ellie Starkey	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		
<b>TaSK 1</b> Lead Coach: Amy Kerr	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		
<b>SwiFT</b> Lead Coach: Angus Johnstone	<b>Forrester</b> 2030-2130		<b>Forrester</b> 2030-2130		<b>Forrester</b> 2015-2130		
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2100		<b>Ainslie Park</b> 2030-2145			<b>Drumbrae</b> 1930-2045



# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number: 7	Monday 23/09/2019	Tuesday 24/09/2019	Wednesday 25/09/2019	Thursday 26/09/2019	Friday 27/09/2019	Saturday 28/09/2019	Sunday 29/09/2019
<b>ELITE</b> Lead Coach: Phil Potter	Synergy Gym 0600-0700	<b>Drumbrae GIRLS</b> CLUB CHAMPS 800 FREE <b>BOYS</b> Pilates/Yoga 1650-1750 Gym 1800-1930	<b>RCP</b> 0530-0730 <b>RCP</b> 1800-2000	<b>Ainslie Park</b> 1700-1900	<b>RCP</b> 0530-0730 <b>Drumbrae</b> Land 1700-1750 Swim 1800-2000	<b>Drumbrae Club Champs</b> 1400-2000	
<b>FaST 2</b> Lead Coach: Michal Adamek							
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	<b>RCP</b> 0600-0730  <b>Forrester</b> 1900-2030	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Ainslie Park</b> 1715-1900	<b>Ainslie Park</b> Land 1800-1850 Swim 1900-2030			<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	<b>RCP</b> 0600-0730	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Forrester</b> 1900-2030		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> Land 1600-1650 Swim 1700-1830
<b>TaSK 2</b> Lead Coach: Ellie Starkey	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: Amy Kerr	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach: Angus Johnstone	<b>Forrester</b> 2030-2130		<b>Forrester</b> 2030-2130		<b>Forrester</b> 2015-2130		<b>Drumbrae</b> 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2100		<b>Ainslie Park</b> 2030-2145			<b>Drumbrae</b> 1930-2045



Hearts...beat faster

[www.swimhearts.com](http://www.swimhearts.com)





# Heart of Midlothian ASC

## Training Schedule – 2019 / 2020 Season



Week Number: 8	Monday 30/09/2019	Tuesday 01/10/2019	Wednesday 02/10/2019	Thursday 03/10/2019	Friday 04/10/2019	Saturday 05/10/2019	Sunday 06/10/2019
<b>ELITE</b> Lead Coach: Phil Potter	Synergy Gym 0600-0700	<b>Drumbrae GIRLS</b> Pilates/Yoga 1650-1750 Gym 1800-1930 <b>BOYS</b> CLUB CHAMPS 1500 FREE	<b>RCP</b> 0530-0730 <b>RCP</b> 1800-2000	<b>Ainslie Park</b> 1700-1900	<b>RCP</b> 0530-0730 <b>Drumbrae</b> Land 1700-1750 Swim 1800-2000	<b>RCP</b> 0600-0800	
<b>FaST 2</b> Lead Coach: Michal Adamek							
<b>FaST 1</b> Lead Coaches: Jill Muirden Michal Adamek	<b>RCP</b> 0600-0730  <b>Forrester</b> 1900-2030	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Ainslie Park</b> 1715-1900	<b>Ainslie Park</b> Land 1800-1850 Swim 1900-2030			<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TaSK 3</b> Lead Coach: Angus Johnstone	<b>RCP</b> 0600-0730	<b>RCP</b> Land 1915-1930 Swim 1930-2100	<b>Forrester</b> 1900-2030		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> Land 1600-1650 Swim 1700-1830
<b>TaSK 2</b> Lead Coach: Ellie Starkey	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>TaSK 1</b> Lead Coach: Amy Kerr	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900		<b>Drumbrae</b> Land 1500-1550 Swim 1600-1700
<b>SwiFT</b> Lead Coach: Angus Johnstone	<b>Forrester</b> 2030-2130		<b>Forrester</b> 2030-2130		<b>Forrester</b> 2015-2130		<b>Drumbrae</b> 1830-1930
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2100		<b>Ainslie Park</b> 2030-2145			<b>Drumbrae</b> 1930-2045