



Heart of Midlothian ASC

Training Schedule – w/c 19th July 2021



	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd	Saturday 24th	Sunday 25th
TIER 1		RCP 0630-0730	RCP 0530-0730 RCP 1800-2000		Drumbrae 1800-1945	RCP 0600-0800	RCP 1730-1930
TIER 2	RCP-TP 0600-0730	RCP 1930-2100	RCP 0530-0730 RCP 1800-2000		RCP 0530-0730		RCP 1730-1930
TIER 3	Forrester 1800-1900	Drumbrae 1830-1945			RCP 0530-0730		RCP TP 1700-1830
TIER 4	Forrester 1900-2015		Forrester 1900-2015				Drumbrae 1730-1845
TIER 5			Forrester 1800-1900				Drumbrae 1630-1730
TIER 6			Forrester 1800-1900				Drumbrae 1630-1730
SWIFT	discuss personal schedules with Head Coach						
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2045			Drumbrae 1945-2045		RCP TP 1830-1930



Heart of Midlothian ASC

Training Schedule – w/c 26th July 2021



	Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th	Saturday 31st	Sunday 1st
TIER 1	RCP TP 0600-0730	RCP 0630-0730	RCP 0530-0730 RCP 1800-2000		Drumbrae 1800-1945	RCP 0600-0800	RCP 1730-1930
TIER 2	RCP TP 0600-0730	RCP 1930-2100	RCP 0530-0730 RCP 1800-2000		RCP 0530-0730		RCP 1730-1930
TIER 3	Forrester 1800-1900	Drumbrae 1830-1945			RCP 0530-0730		RCP TP 1700-1830
TIER 4	Forrester 1900-2015		Forrester 1900-2015				Drumbrae 1730-1845
TIER 5			Forrester 1800-1900				Drumbrae 1630-1730
TIER 6			Forrester 1800-1900				Drumbrae 1630-1730
SWIFT	discuss personal schedules with Head Coach						
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2045			Drumbrae 1945-2045		RCP TP 1830-1930



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