



# Heart of Midlothian ASC

## Training Schedule – 2021 / 2022 Season



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st	Saturday 2nd	Sunday 3rd
<b>TIER 1</b>	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730  RCP LAND 1745-1800 SWIM 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae LAND 1730-1800 SWIM 1800-1930		
<b>TIER 2</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730  Drumbrae LAND 1730-1800 SWIM 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 3</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730  Drumbrae 1930-2045		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1930-2045		Drumbrae 1730-1845
<b>TIER 5</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>TIER 6</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>SWIFT</b>	Forrester 1900-2015		Forrester 1900-2015				Drumbrae 1730-1845 or RCP TP 1800-1930
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045		Ainslie Park 1930-2045			RCP TP 1800-1930



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## Training Schedule – 2021 / 2022 Season



	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
<b>TIER 1</b>	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730  RCP LAND 1745-1800 SWIM 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	Drumbrae LAND 1730-1800 SWIM 1800-1930		
<b>TIER 2</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730  Ainslie Park 1730-1930	Drumbrae LAND 1730-1800 SWIM 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 3</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	Drumbrae 1930-2045		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1930-2045		Drumbrae 1730-1845
<b>TIER 5</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>TIER 6</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>SWIFT</b>	Forrester 1900-2015		Forrester 1900-2015				Drumbrae 1730-1845 or RCP TP 1800-1930
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045		Ainslie Park 1930-2045			RCP TP 1800-1930



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## Training Schedule – 2021 / 2022 Season



	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
<b>TIER 1</b>	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730  RCP LAND 1745-1800 SWIM 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	Drumbrae LAND 1730-1800 SWIM 1800-1930		
<b>TIER 2</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730  Ainslie Park 1730-1930	Drumbrae LAND 1730-1800 SWIM 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 3</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	Drumbrae 1930-2045		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1930-2045		Drumbrae 1730-1845
<b>TIER 5</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>TIER 6</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>SWIFT</b>	Forrester 1900-2015		Forrester 1900-2015				Drumbrae 1730-1845 or RCP TP 1800-1930
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045		Ainslie Park 1930-2045			RCP TP 1800-1930



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## Training Schedule – 2021 / 2022 Season



	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
<b>TIER 1</b>	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730  RCP LAND 1745-1800 SWIM 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	Drumbrae LAND 1730-1800 SWIM 1800-1930		
<b>TIER 2</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730  Ainslie Park 1730-1930	Drumbrae LAND 1730-1800 SWIM 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 3</b>		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	Drumbrae 1930-2045		RCP LAND 1700-1730 SWIM 1730-1930
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1930-2045		Drumbrae 1730-1845
<b>TIER 5</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>TIER 6</b>	Forrester 1800-1900		Forrester 1800-1900				Drumbrae 1630-1730
<b>SWIFT</b>	Forrester 1900-2015		Forrester 1900-2015				Drumbrae 1730-1845 or RCP TP 1800-1930
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045		Ainslie Park 1930-2045			RCP TP 1800-1930



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## Training Schedule – 2021 / 2022 Season



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
<b>TIER 1</b>		<b>Drumbrae</b> 1800-1930	<b>RCP</b> LAND 1745-1800 SWIM 1800-2000	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> LAND 1730-1800 SWIM 1800-1930		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 2</b>		<b>RCP</b> LAND 1915-1930 SWIM 1930-2100	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> LAND 1730-1800 SWIM 1800-1930		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 3</b>		<b>RCP</b> LAND 1915-1930 SWIM 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> 1930-2045		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1930-2045		<b>Drumbrae</b> 1730-1845
<b>TIER 5</b>	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1630-1730
<b>TIER 6</b>	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1630-1730
<b>SWIFT</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015				<b>Drumbrae</b> 1730-1845 or <b>RCP TP</b> 1800-1930
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2045		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1800-1930



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## Training Schedule – 2021 / 2022 Season



	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
<b>TIER 1</b>		<b>Drumbrae</b> 1800-1930	<b>RCP</b> LAND 1745-1800 SWIM 1800-2000	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> LAND 1730-1800 SWIM 1800-1930		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 2</b>		<b>RCP</b> LAND 1915-1930 SWIM 1930-2100	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> LAND 1730-1800 SWIM 1800-1930		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 3</b>		<b>RCP</b> LAND 1915-1930 SWIM 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> 1930-2045		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1930-2045		<b>Drumbrae</b> 1730-1845
<b>TIER 5</b>	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1630-1730
<b>TIER 6</b>	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1630-1730
<b>SWIFT</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015				<b>Drumbrae</b> 1730-1845 or <b>RCP TP</b> 1800-1930
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2045		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1800-1930



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	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
<b>TIER 1</b>		<b>Drumbrae</b> 1800-1930	<b>RCP</b> LAND 1745-1800 SWIM 1800-2000	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> LAND 1730-1800 SWIM 1800-1930		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 2</b>		<b>RCP</b> LAND 1915-1930 SWIM 1930-2100	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> LAND 1730-1800 SWIM 1800-1930		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 3</b>		<b>RCP</b> LAND 1915-1930 SWIM 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> 1930-2045		<b>RCP</b> LAND 1700-1730 SWIM 1730-1930
<b>TIER 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1930-2045		<b>Drumbrae</b> 1730-1845
<b>TIER 5</b>	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1630-1730
<b>TIER 6</b>	<b>Forrester</b> 1800-1900		<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1630-1730
<b>SWIFT</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015				<b>Drumbrae</b> 1730-1845 or <b>RCP TP</b> 1800-1930
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1930-2045		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1800-1930



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