



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
TIER 1		Drumbrae 1800-1930	RCP LAND 1745-1800 SWIM 1800-2000	Ainslie Park 1730-1930	Drumbrae 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
TIER 2		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
TIER 3		RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930		Drumbrae 1930-2045		RCP TP 1700-1815
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1730-1845
TIER 5	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730
TIER 6	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045		Ainslie Park 1930-2045			RCP TP 1815-1930



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	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
TIER 1	RCP 0530-0730	Drumbrae 1800-1930	RCP LAND 1745-1800 SWIM 1800-2000	Ainslie Park 1730-1930	Drumbrae 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
TIER 2	RCP TP 0600-0730	RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae 1800-1930		RCP LAND 1700-1730 SWIM 1730-1930
TIER 3	RCP TP 0600-0730	RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930		Drumbrae 1930-2045		RCP TP 1700-1815
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1730-1845
TIER 5	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730
TIER 6	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045		Ainslie Park 1930-2045			RCP TP 1815-1930



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Training Schedule – 2022 / 2023 Season



	Monday 29th	Tuesday 30th	Wednesday 31st	Thursday 1st	Friday 2nd	Saturday 3rd	Sunday 4th
TIER 1	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730 RCP LAND 1745-1800 SWIM 1800-2000	Ainslie Park 1730-1930	Drumbrae 1800-1930		CLUB CHAMPS DRUMBRAE
TIER 2	RCP TP 0600-0730	RCP LAND 1915-1930 SWIM 1930-2100	RCP 0530-0730 Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae 1800-1930		
TIER 3	RCP TP 0600-0730	RCP LAND 1915-1930 SWIM 1930-2100	Ainslie Park 1730-1930		Drumbrae 1930-2045		
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		
TIER 5	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		
TIER 6	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		RCP TP 1815-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045		Ainslie Park 1930-2045			RCP TP 1815-1930



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