



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
TIER 1	RCP 0530-0730	Drumbrae Land 1730-1815 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1800-1930	RCP TP 0530-0730	
TIER 2	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730 Drumbrae Land 1845-1930 Swim 1930-2045		RCP Land 1700-1730 Swim 1730-1930
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae TIME TRIALS 1630-1845
TIER 5	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae TIME TRIALS 1630-1845
TIER 6	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae TIME TRIALS 1630-1845
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1800-1945



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	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
TIER 1	RCP 0530-0730	Drumbrae Land 1730-1815 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Land 1715-1800 Swim 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	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730 Drumbrae Land 1845-1930 Swim 1930-2045		RCP Land 1700-1730 Swim 1730-1930
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 1945-2100		Ainslie Park 1930-2045			RCP TP 1800-1945



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Training Schedule – 2022 / 2023 Season



	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
TIER 1	RCP 0530-0730	Drumbrae Land 1730-1815 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1800-1930		RCP Land 1700-1730 Swim 1730-1930
TIER 2	RCP 0530-0730	Drumbrae Land 1730-1815 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1800-1930		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP 0530-0730	Drumbrae Land 1730-1815 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1800-1930		RCP Land 1700-1730 Swim 1730-1930
TIER 4	RCP TP 0600-0730	RCP 1930-2045	Ainslie Park 1830-1930		Drumbrae 1930-2045		Drumbrae 1730-1845
TIER 5	RCP TP 0600-0730		Ainslie Park 1730-1830		Drumbrae 1930-2045		Drumbrae 1630-1730
TIER 6	RCP TP 0600-0730		Ainslie Park 1730-1830		Drumbrae 1930-2045		Drumbrae 1630-1730
SwiFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			Various Options agree with Head Coach
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1800-1945