



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	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	Drumbrae Land 1715-1800 Swim 1800-1930		
TIER 2	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1800-1930		
TIER 3	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1800-1930		
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	Drumbrae 1930-2045		



Heart of Midlothian ASC

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	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 TP 1715-1830
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 1830-1945



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
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		
TIER 2	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730		
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 1715-1800 Swim 1800-1930		
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1730-1830 Swim the Channel Swimathon
TIER 5	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730 Swim the Channel Swimathon
TIER 6	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae 1630-1730 Swim the Channel Swimathon
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	Drumbrae 1930-2045		



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
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 Drumbrae Land 1715-1800 Swim 1800-1930		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 TP 1715-1830
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 1830-1945



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th	Sunday 9th
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	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	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 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	RCP 0530-0730	Drumbrae Land 1845-1930 Swim 1930-2045		RCP Land 1700-1730 Swim 1730-1930
TIER 4	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2015				Drumbrae 1730-1845
TIER 5			Forrester 1800-1900				Drumbrae 1630-1730
TIER 6			Forrester 1800-1900				Drumbrae 1630-1730
SwiFT		Drumbrae 1945-2100	Forrester 2015-2115	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



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
TIER 1	RCP 0530-0730	Drumbrae Land 1730-1815 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae 1800-1930		RCP 1730-1930
TIER 2	RCP 0530-0730	Drumbrae Land 1730-1815 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae 1800-1930		RCP 1730-1930
TIER 3	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae 1800-1930		RCP 1730-1930
TIER 4	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2015		Drumbrae 1930-2045		Drumbrae 1730-1845
TIER 5			Forrester 1800-1900		Drumbrae 1930-2045		Drumbrae 1630-1730
TIER 6			Forrester 1800-1900		Drumbrae 1930-2045		Drumbrae 1630-1730
SwiFT		Drumbrae 1945-2100	Forrester 2015-2115	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