



Heart of Midlothian ASC

Training Schedule – 2022 / 2023 Season



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	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 3	RCP TP 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1730-1930	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				Drumbrae 1630-1730
TIER 6	Forrester 1800-1900				Forrester 1800-1900		
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