



# Heart of Midlothian ASC

## Training Schedule – September 2023



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 1st
<b>TIER 1</b>	RCP 0530-0730	<b>CLUB CHAMPS</b> Drumbrae 1815-2100	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	<b>RCP</b> <b>0530-0730</b>  <b>CLUB CHAMPS</b> Drumbrae 1815-2100	RCP TP 0530-0730	
<b>TIER 2</b>	RCP TP 0600-0730	<b>CLUB CHAMPS</b> Drumbrae 1815-2100	Ainslie Park 1730-1930 or RCP 1800-2000	RCP 0530-0730	RCP 0530-0730  <b>CLUB CHAMPS</b> Drumbrae 1815-2100		RCP TP 1715-1830
<b>TIER 3</b>	RCP TP 0600-0730	<b>CLUB CHAMPS</b> Drumbrae 1815-2100	Ainslie Park 1730-1930	<b>RCP</b> <b>0530-0730</b>	RCP 0530-0730  <b>CLUB CHAMPS</b> Drumbrae 1815-2100		RCP TP 1715-1830
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1730-1845
<b>TIER 5</b>			Forrester 1800-1900				Drumbrae 1630-1730
<b>TIER 6</b>	Forrester 1800-1900				Forrester 1800-1900		
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		RCP 1930-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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## Training Schedule – October 2023



	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
TIER 1	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0630-0730	
TIER 2	RCP TP 0600-0730	RCP 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 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1900-1945 Swim 1945-2100		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



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## Training Schedule – October 2023



	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
TIER 1	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0630-0730	
TIER 2	RCP TP 0600-0730	RCP 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 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1900-1945 Swim 1945-2100		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

