



Heart of Midlothian ASC

Training Schedule – November 2023



	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
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 0530-0730	
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930 or RCP 1800-2000	RCP 0530-0730	RCP 0530-0730		RCP 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730 Drumbrae Land 1900-1945 Swim 1945-2100		RCP 1730-1930
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
TIER 5			Forrester 1800-1900				Drumbrae 1650-1750
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 1730-1930



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Training Schedule – November 2023



	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
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	RCP Land 1700-1730 Swim 1730-1930
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930 or RCP 1800-2000	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	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 1750-1900
TIER 5			Forrester 1800-1900				Drumbrae 1650-1750
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 – November / December 2023



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st	Saturday 2nd	Sunday 3rd
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	RCP Land 1700-1730 Swim 1730-1930
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930 or RCP 1800-2000	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	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 1750-1900
TIER 5			Forrester 1800-1900				Drumbrae 1650-1750
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 – December 2023



	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
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	Drumbrae Land 1715-1800 Swim 1815-2000	RCP TP 0630-0730	
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930 or RCP 1800-2000	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-2000		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-2000		RCP TP 1745-1830
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae Time Trial 1650-1900
TIER 5			Forrester 1800-1900				Drumbrae Time Trial 1650-1900
TIER 6	Forrester 1800-1900				Forrester 1800-1900		Drumbrae Time Trial 1650-1900
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 – December 2023



	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
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	Christmas Club Night Drumbrae 1600-1900
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730		
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		
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		
TIER 5			Forrester 1800-1900				
TIER 6	Forrester 1800-1900				Forrester 1800-1900		
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP 1730-1930

