



Heart of Midlothian ASC

Training Schedule – February 2024



	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th	Sunday 11th
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 CAMP ONLY 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP CAMP ONLY 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 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 CAMP ONLY 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5			Forrester 1800-1900		Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6	Forrester 1800-1900				Drumbrae 1945-2100		
SwiFT	Forrester 2015-2115		Forrester 2015-2115	Ainslie Park 1930-2045			RCP TP 1830-1945
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – February 2024



	Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th	Sunday 18th
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 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
TIER 2	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 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
TIER 3	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 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
TIER 4	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
SwiFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945





Heart of Midlothian ASC

Training Schedule – February 2024



	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd	Saturday 24th	Sunday 25th
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 0530-0730 <i>by request</i>	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
TIER 3		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 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



Heart of Midlothian ASC

Training Schedule – February / March 2024



	Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	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 0530-0730	
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 Land 1700-1730 Swim 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 TP 1830-1945



Heart of Midlothian ASC

Training Schedule – March 2024



	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 1815-1915		
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945 or Time Trial 1845-2100		
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945 or Time Trial 1845-2100		
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		
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		





Heart of Midlothian ASC

Training Schedule – March 2024



	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		
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		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		
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		





Heart of Midlothian ASC

Training Schedule – March 2024



	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
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	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 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



Heart of Midlothian ASC

Training Schedule – March 2024



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
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 Land 1700-1730 Swim 1730-1930
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 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





Heart of Midlothian ASC

Training Schedule – April 2024



	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
TIER 1 & SNAGS	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 1815-1945		RCP Land 1700-1730 Swim 1730-1930
TIER 2		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	RCP 0530-0730			RCP TP 1715-1830
TIER 3		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	RCP 0530-0730			RCP TP 1715-1830
TIER 4	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
SwiFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945





Heart of Midlothian ASC

Training Schedule – April 2024



	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
TIER 1 & SNAGs	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
TIER 2		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
TIER 3		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
TIER 4	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
SwiFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945

