



# 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	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	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		Ainslie Park 1830-1930		Drumbrae Land 1900-1945 Swim 1945-2100		Drumbrae 1750-1900
TIER 5			Ainslie Park 1730-1830				Drumbrae 1650-1750
TIER 6	Forrester 1800-1900						Drumbrae 1650-1750
SwiFT	Forrester 2015-2115			Ainslie Park 1730-1930			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 – 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	RCP 1800-2000	RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1715-1800 Swim 1815-1945		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 1715-1800 Swim 1815-1945		RCP TP 1715-1830
TIER 4			Ainslie Park 1830-1930		Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5			Ainslie Park 1730-1830		Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6					Drumbrae 1945-2100		Drumbrae 1600-1650
SwiFT		Drumbrae 1945-2100		Ainslie Park 1730-1930			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 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
<b>TIER 1 &amp; SNAGS</b>	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
<b>TIER 2</b>		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	RCP 0530-0730			RCP TP 1715-1830
<b>TIER 3</b>		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	RCP 0530-0730			RCP TP 1715-1830
<b>TIER 4</b>	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1750-1900
<b>TIER 5</b>	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
<b>TIER 6</b>	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
<b>SwiFT</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
<b>Masters</b> 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
<b>TIER 1 &amp; SNAGs</b>	RCP 0530-0730	Drumbrae 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1800-1930	Drumbrae 1815-1945		RCP 1730-1930
<b>TIER 2</b>		Drumbrae 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1800-1930	Drumbrae 1815-1945		RCP 1730-1930
<b>TIER 3</b>		Drumbrae 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1800-1930	Drumbrae 1815-1945		RCP 1730-1930
<b>TIER 4</b>	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1750-1900
<b>TIER 5</b>	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
<b>TIER 6</b>	RCP TP 0600-0730	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1750
<b>SwiFT</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
<b>Masters</b> 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 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
TIER 1	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-1930 SQUAD MEETING	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	
TIER 2	RCP 0530-0730	RCP 1930-2100	RCP 1800-1930 SQUAD MEETING	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP 0530-0730	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 Time Trial 1600-1900
TIER 5			Forrester 1800-1900				Drumbrae Time Trial 1600-1900
TIER 6	Forrester 1800-1900				Forrester 1800-1900		Drumbrae Time Trial 1600-1900
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 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
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 – April / May 2024



	Monday 29th	Tuesday 30th	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
<b>TIER 1</b>	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	
<b>TIER 2</b>	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>	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
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
<b>TIER 5</b>			Forrester 1800-1900				Drumbrae 1650-1750
<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		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



# Heart of Midlothian ASC

## Training Schedule – May 2024



	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
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 – May 2024



	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	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 – May 2024



	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 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 – May / June 2024



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
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



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# Heart of Midlothian ASC

## Training Schedule – June 2024



	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th	Sunday 9th
<b>TIER 1</b>	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	
<b>TIER 2</b>	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>	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
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
<b>TIER 5</b>			Forrester 1800-1900				Drumbrae 1650-1750
<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		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



# Heart of Midlothian ASC

## Training Schedule – June 2024



	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
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 – June 2024



	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd	Sunday 23rd
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		Drumbrae SUMMER CHALLENGE 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		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 – June 2024



	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th	Saturday 29th	Sunday 30th
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 <del>0530-0730</del>  Drumbrae Land 1715-1800 Swim 1815-1945		
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730			
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030	RCP <del>0530-0730</del>	RCP <del>0530-0730</del>  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		Various Options agree with Head Coach
Masters  Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		

