



# Heart of Midlothian ASC

## Training Schedule – June 2024



	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th	Saturday 29th	Sunday 30th
<b>TIER 1</b>	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		
<b>TIER 2</b>	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		
<b>TIER 3</b>	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030		Drumbrae Land 1715-1800 Swim 1815-1945		
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1945-2100		Drumbrae 1750-1900
<b>TIER 5</b>			Forrester 1800-1900		Drumbrae 1945-2100		Drumbrae 1650-1750
<b>TIER 6</b>	Forrester 1800-1900				Drumbrae 1945-2100		
<b>SWIFT</b>	Forrester 2015-2115		Forrester 2015-2115				
<b>Masters</b>  Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Ainslie Park 1930-2045			



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## Training Schedule – July 2024



	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
<b>TIER 1</b>	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 2</b>	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>	RCP TP 0600-0730	RCP 1930-2100	RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP TP 1715-1830
<b>TIER 4</b>	RCP TP 0600-0730	RCP 1930-2100			Drumbrae 1945-2100		Drumbrae 1750-1900
<b>TIER 5</b>	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
<b>TIER 6</b>	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
<b>SWIFT</b>		Drumbrae 1945-2100		Glenogle 1900-2045			RCP TP 1830-1945
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Glenogle 1900-2045			RCP TP 1830-1945



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## Training Schedule – July 2024



	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
<b>TIER 1</b>	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 2</b>	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>	RCP TP 0600-0730	RCP 1930-2100	RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 4</b>	RCP TP 0600-0730	RCP 1930-2100			Drumbrae 1945-2100		Drumbrae 1750-1900
<b>TIER 5</b>	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
<b>TIER 6</b>	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
<b>SWIFT</b>		Drumbrae 1945-2100		Glenogle 1900-2045			RCP TP 1830-1945
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Glenogle 1900-2045			RCP TP 1830-1945



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## Training Schedule – July 2024



	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
<b>TIER 1</b>	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 2</b>	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>	RCP TP 0600-0730	RCP 1930-2100	RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP TP 1715-1830
<b>TIER 4</b>	RCP TP 0600-0730	RCP 1930-2100			Drumbrae 1945-2100		Drumbrae 1750-1900
<b>TIER 5</b>	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
<b>TIER 6</b>	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
<b>SWIFT</b>		Drumbrae 1945-2100		Glenogle 1900-2045			RCP TP 1830-1945
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2100		Glenogle 1900-2045			RCP TP 1830-1945



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## Training Schedule – July 2024



	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
<b>TIER 1</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 2</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>	<b>RCP TP</b> 0600-0730	<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 4</b>	<b>RCP TP</b> 0600-0730	<b>RCP</b> 1930-2100			<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1750-1900
<b>TIER 5</b>	<b>RCP TP</b> 0600-0730				<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1650-1750
<b>TIER 6</b>	<b>RCP TP</b> 0600-0730				<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1650-1750
<b>SWIFT</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945



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# Heart of Midlothian ASC

## Training Schedule – July / August 2024



	Monday 29th	Tuesday 30th	Wednesday 31st	Thursday 1st	Friday 2nd	Saturday 3rd	Sunday 4th
<b>TIER 1</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 2</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>	<b>RCP TP</b> 0600-0730	<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 4</b>	<b>RCP TP</b> 0600-0730	<b>RCP</b> 1930-2100			<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1750-1900
<b>TIER 5</b>	<b>RCP TP</b> 0600-0730				<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1650-1750
<b>TIER 6</b>	<b>RCP TP</b> 0600-0730				<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1650-1750
<b>SWIFT</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945



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## Training Schedule – August 2024



	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th	Sunday 11th
<b>TIER 1</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 2</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>		<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		<b>RCP TP</b> 1715-1830
<b>TIER 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1750-1900
<b>TIER 5</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1650-1750
<b>TIER 6</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>SWIFT</b>	<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Various Options</b> agree with Head Coach
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945



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## Training Schedule – August 2024



	Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th	Sunday 18th
<b>TIER 1</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP</b> 1800-2000	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 2</b>		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP</b> 1800-2000	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>TIER 3</b>		<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930	<b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		<b>RCP TP</b> 1715-1830
<b>TIER 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1750-1900
<b>TIER 5</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1650-1750
<b>TIER 6</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>SWIFT</b>	<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Various Options</b> agree with Head Coach
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945



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