



Heart of Midlothian ASC

Training Schedule – July 2024



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



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Heart of Midlothian ASC

Training Schedule – July 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 1800-2000	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		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	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	RCP 1800-2000		Drumbrae Land 1715-1800 Swim 1815-1945		RCP TP 1715-1830
TIER 4	RCP TP 0600-0730	RCP 1930-2100			Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
SWIFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
Masters		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Heart of Midlothian ASC

Training Schedule – July 2024



	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
TIER 1		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	RCP TP 0600-0730	RCP 1930-2100	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 1930-2100			Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
SWIFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
Masters		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 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
TIER 1		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	RCP TP 0600-0730	RCP 1930-2100	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 1930-2100			Drumbrae 1945-2100		Drumbrae 1750-1900
TIER 5	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
TIER 6	RCP TP 0600-0730				Drumbrae 1945-2100		Drumbrae 1650-1750
SWIFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
Masters		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Heart of Midlothian ASC

Training Schedule – August 2024



	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th	Sunday 11th
TIER 1		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		RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	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		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Heart of Midlothian ASC

Training Schedule – August 2024



	Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th	Sunday 18th
TIER 1		Drumbrae Land 1715-1800 Swim 1815-1945	RCP 1800-2000	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	RCP 1800-2000	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
TIER 3		RCP 1930-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	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		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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