



Heart of Midlothian ASC

Training Schedule – September 2024



	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
NATIONAL	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	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
TaSK 3			Forrester 1800-1900				Drumbrae 1650-1750
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							Drumbrae 1600-1650
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



Heart of Midlothian ASC

Training Schedule – September 2024



	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
NATIONAL	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	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
TaSK 3			Forrester 1800-1900				Drumbrae 1650-1750
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae 1600-1650
TaSK 1							Drumbrae 1600-1650
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



Heart of Midlothian ASC

Training Schedule – September 2024



	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Club Champs #1 1815-2100	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Club Champs #2 1815-2100	RCP TP 0530-0730 Drumbrae Club Champs #3 1600-1800	Drumbrae Club Champs #4 1300-1900
FaST 2	RCP TP 0545-0715	Drumbrae Club Champs #1 1815-2100	Ainslie Park 1730-1930		RCP 0530-0730 Drumbrae Club Champs #2 1815-2100	Drumbrae Club Champs #3 1600-1800	Drumbrae Club Champs #4 1300-1900
FaST 1		Drumbrae Club Champs #1 1815-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Club Champs #2 1815-2100	Drumbrae Club Champs #3 1600-1800	Drumbrae Club Champs #4 1300-1900
TaSK 4			Forrester 1900-2015		Forrester 1900-2015	Drumbrae Club Champs #3 1600-1800	Drumbrae Club Champs #4 1300-1900
TaSK 3			Forrester 1800-1900			Drumbrae Club Champs #3 1600-1800	Drumbrae Club Champs #4 1300-1900
TaSK 2					Forrester 1800-1900	Drumbrae Club Champs #3 1600-1800	Drumbrae Club Champs #4 1300-1900
TaSK 1						Drumbrae Club Champs #3 1600-1800	Drumbrae Club Champs #4 1300-1900
SwiFT			Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
MASTERS		RCP 1930-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – September 2024



	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Club Champs #5 1815-2100	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Club Champs #6 1815-2100	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	Drumbrae Club Champs #5 1815-2100	Ainslie Park 1730-1930		RCP 0530-0730 Drumbrae Club Champs #6 1815-2100		RCP Land 1700-1730 Swim 1730-1930
FaST 1		Drumbrae Club Champs #5 1815-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Club Champs #6 1815-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
TaSK 3			Forrester 1800-1900				Drumbrae 1650-1750
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							Drumbrae 1600-1650
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
MASTERS		RCP 1930-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – September / October 2024



	Monday 30th	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th	Sunday 6th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Club Champs #7 1815-2100	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	Drumbrae Club Champs #7 1815-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		Drumbrae Club Champs #7 1815-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
TaSK 3			Forrester 1800-1900				Drumbrae 1650-1750
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							Drumbrae 1600-1650
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
MASTERS		RCP 1930-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – October 2024



	Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th	Sunday 13th
NATIONAL	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	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1750-1900
TaSK 3			Forrester 1800-1900				Drumbrae 1650-1750
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							Drumbrae 1600-1650
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