



Heart of Midlothian ASC

Training Schedule – October 2024



	Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th	Saturday 26th	Sunday 27th
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 National League #1 1815-2100	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 Drumbrae National League #1 1815-2100		RCP Land 1700-1730 Swim 1730-1930
FaST 1	RCP TP 0545-0715	RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae National League #1 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		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – October / November 2024



	Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday 1st	Saturday 2nd	Sunday 3rd
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 Development Time Trial 1600-1900
TaSK 3			Forrester 1800-1900				Drumbrae Development Time Trial 1600-1900
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae Development Time Trial 1600-1900
TaSK 1							Drumbrae Development Time Trial 1600-1900
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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Training Schedule – November 2024



	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
NATIONAL	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 Royal High Rugby Club Celebration Night 1800-2200	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 Royal High Rugby Club Celebration Night 1800-2200		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Royal High Rugby Club Celebration Night 1800-2200		RCP TP 1715-1830
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Royal High Rugby Club Celebration Night 1800-2000		Drumbrae 1750-1900
TaSK 3			Forrester 1800-1900		Royal High Rugby Club Celebration Night 1800-2000		Drumbrae 1650-1750
TaSK 2	Forrester 1800-1900				Royal High Rugby Club Celebration Night 1800-2000		
TaSK 1					Royal High Rugby Club Celebration Night 1800-2000		Drumbrae 1600-1650
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Royal High Rugby Club Celebration Night 1800-2000		Various Options agree with Head Coach
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045	Royal High Rugby Club Celebration Night 1800-2000		RCP TP 1830-1945



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Training Schedule – November 2024



	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
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 National League #2 1815-2100	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 Drumbrae National League #2 1815-2100		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae National League #2 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		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – November 2024



	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
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	RCP 1800-2000		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Ainslie Park 1730-1930	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



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Training Schedule – November / December 2024



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 1st
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		
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		
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 – December 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		
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		Drumbrae Land 1715-1800 Swim 1815-1945		
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		
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			



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Training Schedule – December 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		
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



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Training Schedule – December 2024



	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
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	Drumbrae Christmas Club Night 1600-1900
FaST 2	RCP TP 0545-0715	RCP 1930-2100	RCP 1800-2000		RCP 0530-0730		
FaST 1		RCP 1930-2100	Ainslie Park 1730-1930	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		
TaSK 3			Forrester 1800-1900				
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			