



# Heart of Midlothian ASC

## Training Schedule – November 2024



	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
<b>NATIONAL</b>	RCP 0530-0730	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  <b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 <b>National League #2</b> 1815-2100	RCP TP 0530-0730	
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	<b>Ainslie Park</b> 1730-1930		RCP 0530-0730  <b>Drumbrae</b> <b>National League #2</b> 1815-2100		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		RCP 1930-2100	<b>Queensferry High</b> 1900-2030	RCP 0545-0715	<b>Drumbrae</b> <b>National League #2</b> 1815-2100		RCP TP 1715-1830
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1750-1900
<b>TaSK 3</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1650-1750
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>TaSK 1</b>							<b>Drumbrae</b> 1600-1650
<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>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 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
<b>NATIONAL</b>	<b>RCP</b> 0530-0730	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP</b> 0530-0730  <b>RCP</b> 1800-2000	<b>RCP</b> 0530-0730  <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>FaST 2</b>	<b>RCP TP</b> 0545-0715	<b>RCP</b> 1930-2100	<b>RCP</b> 1800-2000		<b>RCP</b> 0530-0730		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930	<b>RCP</b> 0545-0715	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		<b>RCP TP</b> 1715-1830
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1750-1900
<b>TaSK 3</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1650-1750
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>TaSK 1</b>							<b>Drumbrae</b> 1600-1650
<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>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945



# Heart of Midlothian ASC

## Training Schedule – November / December 2024



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 1st
<b>NATIONAL</b>	RCP 0530-0730	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  <b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	<b>Ainslie Park</b> 1730-1930		RCP 0530-0730		
<b>FaST 1</b>		RCP 1930-2100	<b>Queensferry High</b> 1900-2030	RCP 0545-0715	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1750-1900
<b>TaSK 3</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1650-1750
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>TaSK 1</b>							<b>Drumbrae</b> 1600-1650
<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>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			RCP 1800-1930



# Heart of Midlothian ASC

## Training Schedule – December 2024



	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
<b>NATIONAL</b>	<b>RCP</b> 0530-0730	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP</b> 0530-0730  <b>RCP</b> 1800-2000	<b>RCP</b> 0530-0730  <b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		
<b>FaST 2</b>	<b>RCP TP</b> 0545-0715	<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945		
<b>FaST 1</b>		<b>RCP</b> 1930-2100	<b>Queensferry High</b> 1900-2030	<b>RCP</b> 0545-0715	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1750-1900
<b>TaSK 3</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1650-1750
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>TaSK 1</b>							<b>Drumbrae</b> 1600-1650
<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>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			



# Heart of Midlothian ASC

## Training Schedule – December 2024



	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
<b>NATIONAL</b>	<b>RCP</b> 0530-0730	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP</b> 0530-0730  <b>RCP</b> 1800-2000	<b>RCP</b> 0530-0730  <b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP TP</b> 0530-0730	
<b>FaST 2</b>	<b>RCP TP</b> 0545-0715	<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930		<b>RCP</b> 0530-0730		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		<b>RCP</b> 1930-2100	<b>Queensferry High</b> 1900-2030	<b>RCP</b> 0545-0715	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		<b>RCP TP</b> 1715-1830
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1750-1900
<b>TaSK 3</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1650-1750
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>TaSK 1</b>							<b>Drumbrae</b> 1600-1650
<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>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945



# Heart of Midlothian ASC

## Training Schedule – December 2024



	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
<b>NATIONAL</b>	RCP 0530-0730	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  <b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	<b>Drumbrae</b> Christmas Club Night 1600-1900
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	RCP 1800-2000		RCP 0530-0730		
<b>FaST 1</b>		RCP 1930-2100	<b>Ainslie Park</b> 1730-1930	RCP 0545-0715	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		
<b>TaSK 3</b>			<b>Forrester</b> 1800-1900				
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>TaSK 1</b>							
<b>SwiFT</b>	<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		<b>Forrester</b> 2015-2115		
<b>MASTERS</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			



# Heart of Midlothian ASC

## Training Schedule – December 2024



	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
<b>NATIONAL</b>	<b>RCP</b> 0530-0730				<b>RCP</b> 0530-0730  Drumbrae 1500-1645	<b>RCP TP</b> 0530-0730	<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>FaST 2</b>	<b>RCP TP</b> 0545-0715				<b>RCP</b> 0530-0730  Drumbrae 1500-1645	<b>RCP TP</b> 0530-0730	<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>	<b>RCP TP</b> 0545-0715				   Drumbrae 1645-1800		<b>RCP TP</b> 1715-1830
<b>TaSK 4</b>	<b>Forrester</b> 1800-1915				<b>Forrester</b> 1800-1915		
<b>TaSK 3</b>	<b>Forrester</b> 1800-1915				<b>Forrester</b> 1800-1915		
<b>TaSK 2</b>	<b>Forrester</b> 1700-1800				<b>Forrester</b> 1700-1800		
<b>TaSK 1</b>	<b>Forrester</b> 1700-1800				<b>Forrester</b> 1700-1800		
<b>SwiFT</b>	<b>Forrester</b> 1915-2030				<b>Forrester</b> 1915-2030		
<b>MASTERS</b>	<b>Forrester</b> 1915-2030				<b>Forrester</b> 1915-2030		<b>RCP TP</b> 1830-1945



# Heart of Midlothian ASC

## Training Schedule – December 2024 / January 2025



	Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
<b>NATIONAL</b>	RCP 0530-0730			RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
<b>FaST 2</b>	RCP TP 0545-0715			RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>	RCP TP 0545-0715			RCP 0530-0730	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
<b>TaSK 4</b>	Forrester 1800-1915				Forrester 1800-1915		Drumbrae 1650-1800
<b>TaSK 3</b>	Forrester 1800-1915				Forrester 1800-1915		Drumbrae 1550-1650
<b>TaSK 2</b>	Forrester 1700-1800				Forrester 1700-1800		
<b>TaSK 1</b>	Forrester 1700-1800				Forrester 1700-1800		Drumbrae 1500-1550
<b>SwiFT</b>	Forrester 1915-2030				Forrester 1915-2030		Various Options agree with Head Coach
<b>MASTERS</b>	Forrester 1915-2030				Forrester 1915-2030		RCP TP 1830-1945





# Heart of Midlothian ASC

## Training Schedule – January 2025



	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
<b>NATIONAL</b>	<b>RCP</b> 0530-0730	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP</b> 0530-0730  <b>RCP</b> 1800-2000	<b>RCP</b> 0530-0730  <b>Ainslie Park</b> 1730-1930	<b>Drumbrae</b> Land 1715-1800 Swim 1815-1945	<b>RCP TP</b> 0530-0730	
<b>FaST 2</b>	<b>RCP TP</b> 0545-0715	<b>RCP</b> 1930-2100	<b>RCP</b> 1800-2000		<b>RCP</b> 0530-0730		<b>RCP</b> Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		<b>RCP</b> 1930-2100	<b>Ainslie Park</b> 1730-1930	<b>RCP</b> 0545-0715	<b>Drumbrae</b> Land 1900-1945 Swim 1945-2100		<b>RCP TP</b> 1715-1830
<b>TaSK 4</b>	<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Forrester</b> 1900-2015		<b>Drumbrae</b> 1650-1800
<b>TaSK 3</b>			<b>Forrester</b> 1800-1900				<b>Drumbrae</b> 1550-1650
<b>TaSK 2</b>	<b>Forrester</b> 1800-1900				<b>Forrester</b> 1800-1900		
<b>TaSK 1</b>							<b>Drumbrae</b> 1500-1550
<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>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			<b>RCP TP</b> 1830-1945