



Heart of Midlothian ASC

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	Squad Night Out c.1800-2100	RCP TP 0530-0730	Drumbrae Christmas Challenge 1600-1900
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Squad Night Out c.1800-2100		RCP 0530-0730		
FaST 1		Squad Night Out c.1800-2100	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			RCP 1800-1930



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Training Schedule – December 2024



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



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Training Schedule – December 2024 / January 2025



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



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Training Schedule – January 2025



	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
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 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							Drumbrae 1500-1550
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 – January 2025



	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
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 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							Drumbrae 1500-1550
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 – January 2025



	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
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 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		
TaSK 1							Drumbrae 1500-1550
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 – January / February 2025



	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
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		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 Development Time Trial 1500-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae Development Time Trial 1500-1800
TaSK 2	Forrester 1800-1900				Forrester 1800-1900		Drumbrae Development Time Trial 1500-1800
TaSK 1							Drumbrae Development Time Trial 1500-1800
SwiFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			



Heart of Midlothian ASC

Training Schedule – February 2025



	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th	Sunday 9th
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 CAMP ONLY Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 CAMP ONLY Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	RCP 0530-0730 CAMP ONLY Drumbrae Land 1715-1800 Swim 1815-1945	RCP TP 0530-0730	RCP Land 1700-1730 Swim 1730-1930
TaSK 4	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900		Drumbrae 1945-2100		Drumbrae 1550-1650
TaSK 2	Forrester 1800-1900				Drumbrae 1945-2100		
TaSK 1							Drumbrae 1500-1550
SwiFT	Forrester 2015-2115		Forrester 2015-2115				Various Options agree with Head Coach
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945