



# Heart of Midlothian ASC

## Training Schedule – February 2025



	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th	Sunday 9th
<b>NATIONAL</b>	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
<b>FaST 2</b>	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
<b>FaST 1</b>		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
<b>TaSK 4</b>	Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1945-2100		Drumbrae 1650-1800
<b>TaSK 3</b>	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900		Drumbrae 1945-2100		Drumbrae 1550-1650
<b>TaSK 2</b>	Forrester 1800-1900				Drumbrae 1945-2100		
<b>TaSK 1</b>							Drumbrae 1500-1550
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115				RCP TP 1830-1945
<b>MASTERS</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
<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	RCP Land 1700-1730 Swim 1730-1930
<b>FaST 2</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	RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</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	RCP Land 1700-1730 Swim 1730-1930
<b>TaSK 4</b>	RCP TP 0545-0715	RCP 1930-2045			<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1650-1800
<b>TaSK 3</b>	RCP TP 0545-0715	RCP 1930-2045			<b>Drumbrae</b> 1945-2100		<b>Drumbrae</b> 1550-1650
<b>TaSK 2</b>	RCP TP 0545-0715	RCP 1930-2045			<b>Drumbrae</b> 1945-2100		
<b>TaSK 1</b>							<b>Drumbrae</b> 1500-1550
<b>SwiFT</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			RCP TP 1830-1945
<b>MASTERS</b>		<b>Drumbrae</b> 1945-2100		<b>Ainslie Park</b> 1930-2045			RCP TP 1830-1945



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	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd	Sunday 23rd
<b>NATIONAL</b>	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 Land 1700-1730 Swim 1730-1930
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
<b>TaSK 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
<b>TaSK 3</b>	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
<b>TaSK 2</b>	Forrester 1800-1900				Forrester 1800-1900		
<b>TaSK 1</b>							Drumbrae 1500-1550
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
<b>MASTERS</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



# Heart of Midlothian ASC

## Training Schedule – February / March 2025



	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th	Saturday 1st	Sunday 2nd
<b>NATIONAL</b>	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 Land 1700-1730 Swim 1730-1930
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP Land 1700-1730 Swim 1730-1930
<b>FaST 1</b>		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		RCP TP 1715-1830
<b>TaSK 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
<b>TaSK 3</b>	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
<b>TaSK 2</b>	Forrester 1800-1900				Forrester 1800-1900		
<b>TaSK 1</b>							Drumbrae 1500-1550
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
<b>MASTERS</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



# Heart of Midlothian ASC

## Training Schedule – March 2025



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



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<b>NATIONAL</b>	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		
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		Drumbrae Land 1715-1800 Swim 1815-1945		
<b>FaST 1</b>		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		
<b>TaSK 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
<b>TaSK 3</b>	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
<b>TaSK 2</b>	Forrester 1800-1900				Forrester 1800-1900		
<b>TaSK 1</b>							Drumbrae 1500-1550
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
<b>MASTERS</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		



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<b>NATIONAL</b>	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		
<b>FaST 2</b>	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		
<b>FaST 1</b>		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		
<b>TaSK 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1650-1800
<b>TaSK 3</b>	Drumbrae 1800-1900 Boys 1900-2000 Girls		Forrester 1800-1900				Drumbrae 1550-1650
<b>TaSK 2</b>	Forrester 1800-1900				Forrester 1800-1900		
<b>TaSK 1</b>							Drumbrae 1500-1550
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
<b>MASTERS</b>		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		