



Heart of Midlothian ASC

Training Schedule – March 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 Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945		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 – March 2025



	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
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 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		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		



Heart of Midlothian ASC

Training Schedule – March 2025



	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd	Sunday 23rd
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 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		
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045	Forrester 2015-2115		



Heart of Midlothian ASC

Training Schedule – March 2025



	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th	Saturday 29th	Sunday 30th
NATIONAL & SNAGS	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
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730		RCP TP 1715-1830
FaST 1	RCP TP 0545-0715	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



Heart of Midlothian ASC

Training Schedule – March / April 2025



	Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th	Sunday 6th
NATIONAL & SNAGS	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
FaST 1	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945		RCP TP 1715-1830
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	Ainslie Park 1930-2045			RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – April 2025



	Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th	Sunday 13th
NATIONAL		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
FaST 2		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
FaST 1		Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP TP 1715-1830
TaSK 4	RCP TP 0545-0715	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 3	RCP TP 0545-0715	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1550-1650
TaSK 2	RCP TP 0545-0715	RCP 1930-2045			Drumbrae 1945-2100		
TaSK 1							Drumbrae 1500-1550
SwiFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – April 2025



	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th	Sunday 20th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
FaST 2	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP Land 1700-1730 Swim 1730-1930
FaST 1	RCP 0530-0730	Drumbrae Land 1715-1800 Swim 1815-1945	Ainslie Park 1730-1930	Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Swim 1815-1945		RCP TP 1715-1830
TaSK 4	RCP TP 0545-0715	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 3	RCP TP 0545-0715	RCP 1930-2045			Drumbrae 1945-2100		Drumbrae 1550-1650
TaSK 2	RCP TP 0545-0715	RCP 1930-2045			Drumbrae 1945-2100		
TaSK 1							Drumbrae 1500-1550
SwiFT		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



Heart of Midlothian ASC

Training Schedule – April 2025



	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 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