



Heart of Midlothian ASC

Training Schedule – July / August 2025



	Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday 1st	Saturday 2nd	Sunday 3rd
NATIONAL		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
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 TP 1715-1830
FaST 1	Queensferry High 1845-2015		Queensferry High 1845-2015		Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 4	Queensferry High 1845-2015		Queensferry High 1845-2015		Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 3	Queensferry High 1730-1845		Queensferry High 1730-1845				Drumbrae 1550-1650
TaSK 2	Queensferry High 1730-1845		Queensferry High 1730-1845				Drumbrae 1550-1650
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 – August 2025



	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
NATIONAL		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
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 TP 1715-1830
FaST 1	Queensferry High 1845-2015		Queensferry High 1845-2015		Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 4	Queensferry High 1845-2015		Queensferry High 1845-2015		Drumbrae 1945-2100		Drumbrae 1650-1800
TaSK 3	Queensferry High 1730-1845		Queensferry High 1730-1845				Drumbrae 1550-1650
TaSK 2	Queensferry High 1730-1845		Queensferry High 1730-1845				Drumbrae 1550-1650
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