



Heart of Midlothian ASC

Training Schedule – August 2025



	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
NATIONAL		Drumbrae Land 1715-1800 Swim 1815-1945	RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1700-1900	RCP TP 0530-0730	Hearts Sports Day Drumbrae Sports Day 1330-1530 Coach 1530-1645 or 1645-1800
FaST 2		Drumbrae Land 1715-1800 Swim 1815-1945	RCP 1800-2000	Ainslie Park 1730-1930	RCP 0530-0730		Hearts Sports Day Drumbrae Sports Day 1330-1530 Coach 1530-1645 or 1645-1800
FaST 1		RCP 1930-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Land 1900-1945 Swim 1945-2100		Hearts Sports Day Drumbrae Sports Day 1330-1530 Coach 1530-1645 Swim 1645-1800
TaSK 4		RCP 1930-2100	Ainslie Park 1830-1930		Drumbrae 1815-1945		Hearts Sports Day Drumbrae Sports Day 1330-1530 Swim 1645-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		Ainslie Park 1730-1830				Hearts Sports Day Drumbrae Sports Day 1330-1530 Swim 1530-1645
TaSK 2			Ainslie Park 1730-1830		Drumbrae 1815-1915		Hearts Sports Day Drumbrae Sports Day 1330-1530 Swim 1530-1645
TaSK 1							Hearts Sports Day Drumbrae Sports Day 1330-1530 Swim 1530-1645
SwiFT	Drumbrae 2000-2100	Drumbrae 1945-2100					RCP 1800-1930
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP 1800-1930



Hearts...beat faster

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