



Heart of Midlothian ASC

Training Schedule – August 2025



	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
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 1700-1900	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	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	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900				Drumbrae 1815-1915		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – August 2025



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
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 1700-1900	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	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	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae TaSK Development Challenge 1545-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae TaSK Development Challenge 1545-1800
TaSK 2	SMC Sports Centre 1800-1900				Drumbrae 1815-1915		Drumbrae TaSK Development Challenge 1545-1800
TaSK 1							Drumbrae TaSK Development Challenge 1545-1800
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – September 2025



	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
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 1700-1900	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	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	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900				Drumbrae 1815-1915		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – September 2025



	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
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 1700-1900	RCP TP 0530-0730	
FaST 2	RCP TP 0545-0715	RCP 1930-2100	Ainslie Park 1730-1930	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	SMC Sports Centre 1900-2000		SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae 1815-1945		Drumbrae 1650-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls		SMC Sports Centre 1800-1900				Drumbrae 1550-1650
TaSK 2	SMC Sports Centre 1800-1900				Drumbrae 1815-1915		Drumbrae 1500-1550
TaSK 1							Drumbrae 1500-1550
SwiFT	Drumbrae 2000-2100		SMC Sports Centre 2000-2100				RCP TP 1830-1945
MASTERS		Drumbrae 1945-2100		Ainslie Park 1930-2045			RCP TP 1830-1945



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Training Schedule – September 2025



	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Club Champs 1815-2100	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Club Champs 1815-2100	RCP TP 0530-0730	Drumbrae Club Champs 1300-1800
FaST 2	RCP TP 0545-0715	Drumbrae Club Champs 1815-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
FaST 1		Drumbrae Club Champs 1815-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 4	SMC Sports Centre 1900-2000	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900		Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 2	SMC Sports Centre 1800-1900	Drumbrae Club Champs 1815-2100					Drumbrae Club Champs 1300-1800
TaSK 1		Drumbrae Club Champs 1815-2100					Drumbrae Club Champs 1300-1800
SwiFT	Drumbrae 2000-2100	Drumbrae Club Champs 1815-2100	SMC Sports Centre 2000-2100				RCP 1800-1930
MASTERS		RCP 1930-2100		Ainslie Park 1930-2045			RCP 1800-1930



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Training Schedule – September 2025



	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
NATIONAL	RCP 0530-0730	Drumbrae Land 1715-1800 Club Champs 1815-2100	RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 Ainslie Park 1730-1930	Drumbrae Land 1715-1800 Club Champs 1815-2100	RCP TP 0530-0730	Drumbrae Club Champs 1300-1800
FaST 2	RCP TP 0545-0715	Drumbrae Club Champs 1815-2100	Ainslie Park 1730-1930	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
FaST 1		Drumbrae Club Champs 1815-2100	Queensferry High 1900-2030	RCP 0545-0715	Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 4	SMC Sports Centre 1900-2000	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900 Boys 1900-2000 Girls		Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 3	Drumbrae 1800-1900 Boys 1900-2000 Girls	Drumbrae Club Champs 1815-2100	SMC Sports Centre 1800-1900		Drumbrae Club Champs 1815-2100		Drumbrae Club Champs 1300-1800
TaSK 2	SMC Sports Centre 1800-1900	Drumbrae Club Champs 1815-2100					Drumbrae Club Champs 1300-1800
TaSK 1		Drumbrae Club Champs 1815-2100					Drumbrae Club Champs 1300-1800
SwiFT	Drumbrae 2000-2100	Drumbrae Club Champs 1815-2100	SMC Sports Centre 2000-2100				RCP 1800-1930
MASTERS		RCP 1930-2100		Ainslie Park 1930-2045			RCP 1800-1930