



Heart of Midlothian ASC

Summer Training Schedule 2011

04th July – 13th August (inclusive)



| WEEK 1 | Mon 04 th | Tue 05 th | Wed 06 th | Thu 07 th | Fri 08 th | Sat 09 th | Sun 10 th |
|--------------------------------------|---|----------------------|--|------------------------|--|-------------------------|----------------------|
| SWIM EDINBURGH and ASA SWIMMERS ONLY | | Drumbrae 1730-1930 | Ainslie Park Pool 1700-1900 Land 1900-1945 | Ainslie Park 1700-1900 | Ainslie Park 0600-0800 Drumbrae Land 1700-1745 Pool 1800-2000 | NSA, Stirling 1000-1200 | |
| GROUP A and GROUP B | <h1>SUMMER SHUTDOWN</h1> <h2>NO TRAINING</h2> | | | | | | |
| GROUP C and GROUP D and GROUP E | | | | | | | |
| MASTERS | | | | | | | |



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| WEEK 2 | Mon 11 th | Tue 12 th | Wed 13 th | Thu 14 th | Fri 15 th | Sat 16 th | Sun 17 th |
|--------------------------------------|--|-----------------------|--|---------------------------|---|---------------------------|----------------------|
| SWIM EDINBURGH and ASA SWIMMERS ONLY | Ainslie Park 0600-0800 Ainslie Park 1700-1900 | Drumbrae 1730-1930 | Ainslie Park Pool 1700-1900 Land 1900-1945 | Ainslie Park 1700-1900 | Ainslie Park 0600-0800 Drumbrae Land 1700-1745 Pool 1800-2000 | Ainslie Park 0600-0800 | |
| GROUP A and GROUP B | <h1>SUMMER SHUTDOWN</h1> <h2>NO TRAINING</h2> | | | | | | |
| GROUP C and GROUP D and GROUP E | | | | | | | |
| MASTERS | | | | | | | |



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| WEEK 3 | Mon 18 th | Tue 19 th | Wed 20 th | Thu 21 st | Fri 22 nd | Sat 23 rd | Sun 24 th |
|---|--|-----------------------|--|---------------------------|--|----------------------------|--|
| SWIM EDINBURGH and ASA SWIMMERS ONLY | Ainslie Park 0600-0800 Ainslie Park 1700-1900 | Drumbrae 1730-1930 | Ainslie Park Pool 1700-1900 Land 1900-1945 | Ainslie Park 1700-1900 | Drumbrae Land 1700-1745 Pool 1800-2000 | NSA, Stirling 1000-1200 | |
| GROUP A and GROUP B | Forrester 1800-1945 | | Ainslie Park 0600-0800 | Ainslie Park 1900-2030 | | | Drumbrae Land 1600-1645 Swim 1700-1830 |
| GROUP C and GROUP D and GROUP E | Forrester 1945-2100 | | | | | | Drumbrae Land 1500-1545 Swim 1600-1700 |
| MASTERS | | Drumbrae 1930-2100 | Ainslie Park 0600-0800 | Ainslie Park 2030-2145 | | | Drumbrae 1830-2000 |



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| WEEK 4 | Mon 25 th | Tue 26 th | Wed 27 th | Thu 28 th | Fri 29 th | Sat 30 th | Sun 31 st |
|--|---------------------------|---|---|---------------------------|----------------------|----------------------|--|
| SWIM EDINBURGH and ASA SWIMMERS ONLY | Ainslie Park 0600-0800 | SCHEDULE SUSPENDED 26th JULY – 14th AUGUST (inclusive) | | | | | |
| SWIM EDINBURGH and GROUP A and GROUP B | | | Ainslie Park 0600-0800 Forrester 1800-1945 | Ainslie Park 1900-2030 | | | Drumbrae Land 1600-1645 Swim 1700-1830 |
| GROUP C and GROUP D and GROUP E | | | Forrester 1945-2100 | | | | Drumbrae Land 1500-1545 Swim 1600-1700 |
| MASTERS | | Drumbrae 1930-2100 | Ainslie Park 0600-0800 | Ainslie Park 2030-2145 | | | Drumbrae 1830-2000 |



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| WEEK 5 | Mon 01 st | Tue 02 nd | Wed 03 rd | Thu 04 th | Fri 05 th | Sat 06 th | Sun 07 th |
|--|---|-----------------------|---|---------------------------|----------------------|----------------------|--|
| SWIM EDINBURGH | SCHEDULE SUSPENDED 26th JULY – 14th AUGUST (inclusive) | | | | | | |
| SWIM EDINBURGH and GROUP A and GROUP B | Forrester 1800-1945 | | Ainslie Park 0600-0800 Forrester 1800-1945 | Ainslie Park 1900-2030 | | | Drumbrae Land 1600-1645 Swim 1700-1830 |
| GROUP C and GROUP D and GROUP E | Forrester 1945-2100 | | Forrester 1945-2100 | | | | Drumbrae Land 1500-1545 Swim 1600-1700 |
| MASTERS | | Drumbrae 1930-2100 | Ainslie Park 0600-0800 | Ainslie Park 2030-2145 | | | Drumbrae 1830-2000 |



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| WEEK 6 | Mon 08 th | Tue 09 th | Wed 10 th | Thu 11 th | Fri 12 th | Sat 13 th | Sun 14 th |
|--|---|----------------------|---|------------------------|----------------------|----------------------|--|
| SWIM EDINBURGH | SCHEDULE SUSPENDED 26th JULY – 14th AUGUST (inclusive) | | | | | | |
| SWIM EDINBURGH and GROUP A and GROUP B | Forrester 1800-1945 | | Ainslie Park 0600-0800 Forrester 1800-1945 | Ainslie Park 1900-2030 | | | 2011 / 2012 SEASON SCHEDULE COMMENCES |
| GROUP C and GROUP D and GROUP E | Forrester 1945-2100 | | Forrester 1945-2100 | | | | |
| MASTERS | | Drumbrae 1930-2100 | Ainslie Park 0600-0800 | Ainslie Park 2030-2145 | | | |