

Training Schedule - from 31st August 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ESCo	20+ hours pooltime per week plus land training at various locations (Ainslie Park, Drumbrae, Portobello, Leith Victoria, St Leonards)						
GROUP 'A'	Drumbrae 1800-2000 ²	Leith Academy 1830-2015	Ainslie Park 0600-0800 ⁵ Dalry 1945-2145	Ainslie Park 1900-2030 ⁴			Drumbrae Land 1645-1730 Swim 1745-1945
GROUP 'B'		Drumbrae 1930-2115 ³	Ainslie Park 0600-0800 ⁵ Dalry 1945-2145	Drumbrae 1715-1900 ³			Drumbrae Land 1500-1545 Swim 1600-1745
GROUP 'C'	Royal High 1945-2045			Royal High 1945-2045			Leith Academy 1415-1545
GROUP 'D'	Royal High 1845-1945			Royal High 1845-1945			Leith Academy 1300-1415
GROUP 'E'	Royal High 1745-1845			Royal High 1745-1845			Leith Academy 1200-1300
MASTERS		Leith Academy 2015-2130		Ainslie Park 2030-2145			Drumbrae 1945-2100