



Pilot Routine (PiRou)

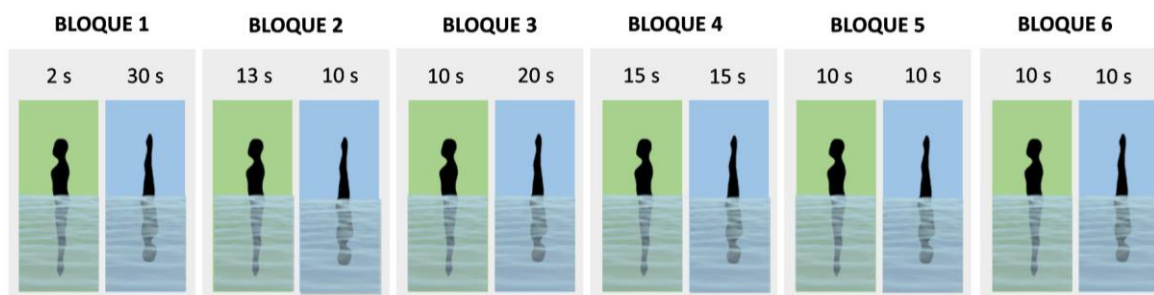
Instructions

v. July 2026



Routine Junior/Senior

STRUCTURE



The Pilot Routine Junior/Senior consists of 6 blocks, each formed by a TR + HYB. The total duration is 155s, of which 95s ($\approx 60\%$) are in apnea and 60s breathing ($\approx 40\%$).

CODES - HYBRIDS

There will be a reference hybrid, which will be that of block 1 (30s). For the remaining blocks, the same codes will be repeated until reaching the established seconds. In block 3 there are slight adaptations in the hybrid: the F1a is replaced by F3a and the RU1 is removed.

BLOCK 1: 30s code

A4b F6c RD1 F1a RC1 F7 A8 SC1 F4f F6c F9 F1a RC1 RU1 F4f F5a A3 A7 S2 T4e

BLOCK 2: First 10 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A8

BLOCK 3: First 20 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A8 SC1 F4f F6c F9 F3a RC1 F4f F5a

BLOCK 4: First 15 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A8 SC1 F4f F6c

BLOCK 5: First 10 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A8

BLOCK 6: First 10 seconds of HYB 1

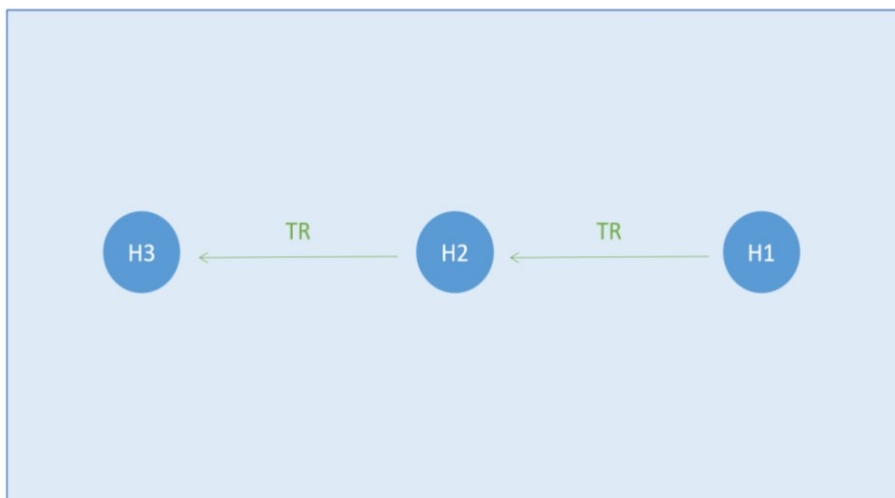
A4b F6c RD1 F1a RC1 F7 A8

COURSE

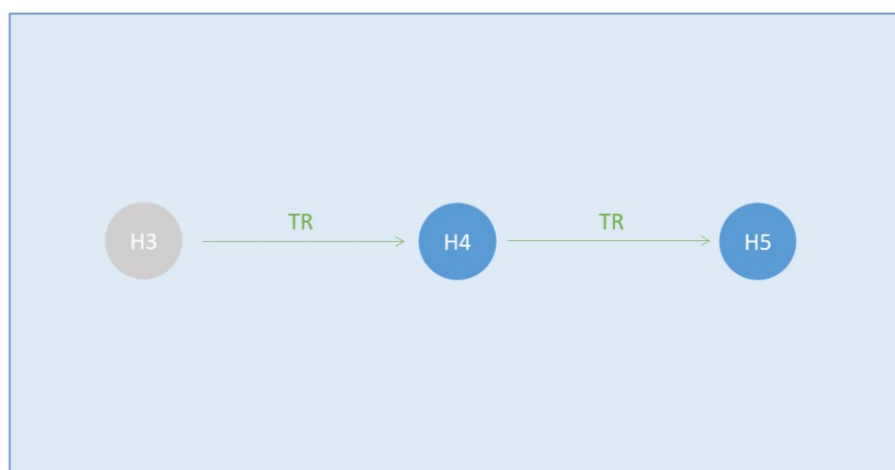
Monitoring Cardiac Responses and Adaptations to Apnea in Artistic Swimming

Start directly from the water. The course consists of 3 lengths (OUT + BACK + OUT) only in a straight line and along the same central lane where it started.

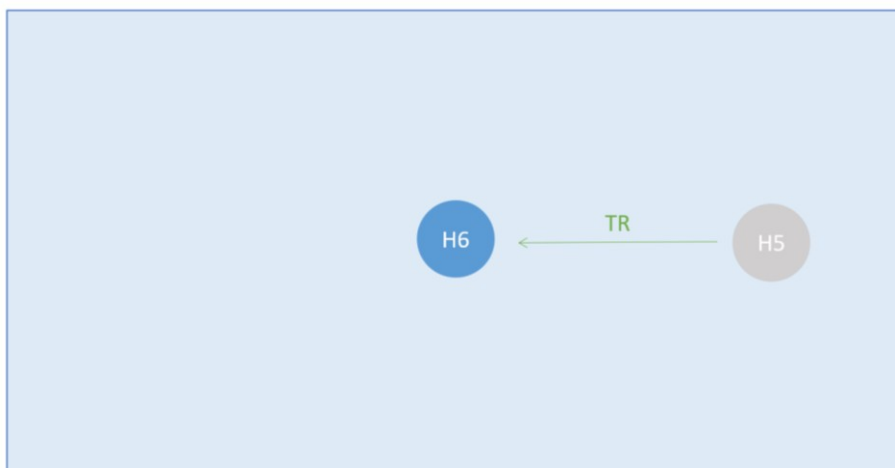
LENGTH 1



LENGTH 2



LENGTH 3



TIMES

Monitoring Cardiac Responses and Adaptations to Apnea in Artistic Swimming

Starting position: eggbeater			
5 - 4 - 3 - 2 - 1 (countdown to the start of the music of the Pilot Routine)			
		NUMBER	MOVEMENT
BLOCK 1	TRANSITION (2'')	1,2,3,4	-
		5	Head to the side + ¼ body turn
		7	Head return
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (30'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A8, open-and-close movements forward and backward
		1,2,3,4,5,6	
		7	VP
		1	SC1, execute 180° descending spin
		3	SC1, execute 180° descending spin
		5	Hold at ankles
		7	SC1, separate one leg and push to rise
		1	SC1, execute 180° ascending spin
		3	SC1, execute 180° ascending spin
		5	Table position
		7	F4f, crane position
		1	F4f, knight position
		3	F6c, execute 180° to VP
		5	Table position
		7	F9, extend to arched position
		1	F9, VP
		3	F1a, fast Split
		5	RC1, execute 180° turn
		7	RC1, execute 180° turn to VP
		1	Table position
		3	RU1, VP position unbalanced
		5	RU1, 180° turn in VP unbalanced
		7	RU1, 180° turn in VP unbalanced
		1	Table position
		3	F4f, crane position

		5	F4f, knight position
		7	F5a, VP position
		1	Table position
		3	A3, extend legs to pike
		5	A3, VP
		7,8 1,2,3,4,5,6,7,8 1.2.3.4.5.6	A7, open-and-close leg movements in VP
		7	S2, execute 180° turn
		1	S2, execute 180° turn
		3	S2, execute 180° turn
		5	S2, execute 180° turn
		6,7,8 1.2.3.4.5.6.7.8	Barracuda preparation
		1	T4e, reach VP maximum height
		3	T4e, twist 180°
		5	T4e, crash
BLOCK 2	TRANSITION (13'')	7	Come up to breathe
		1	Kick
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	Turn body ¼
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Ballet leg
		7	Ballet leg
		1	Bring foot beside the body
		3	Assume eggbeater position
		5	Extend open arms at water level
		6	Raise open arms above the head
		7	Lower open arms at water level
		1	Prepare right arm bent close to the body
		3	Raise arm behind the head
		5,6,7	Lower arm slowly to the water
		8	Assume eggbeater position
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (10'')	7	Pike position
		1	A4b (half turn in pike to VP)

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		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8 1,2,3,4,5,6	A8, open-and-close movements forward and backward
		7	Bend knees into the water
BLOCK 3	TRANSITION (10'')	1	Come up to breathe
		3	Boost preparation
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	¼ turn
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Bring foot beside the body
		7	Assume eggbeater position
		1	Extend open arms at water level
		2	Raise open arms above the head
		3	Lower open arms at water level
		4,5,6,7,8	Eggbeater
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (20'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP

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		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8 1.2.3.4.5.6.7	A8, open-and-close movements forward and backward
		8	VP
		1	SC1, execute 180° descending spin
		3	SC1, execute 180° spin
		5	Hold at ankles
		7	SC1, separate one leg and push to rise
		1	SC1, execute 180° ascending spin
		3	SC1, execute 180° ascending spin to VP
		5	Table position
		7	F4f, crane position
		1	F4f, knight position
		3	F6c, execute 180° to VP
		5	Table position
		7	F9, extend to arched position
		1	F9, VP
		3	F3a, left Split
		5	F3a, right Split
		7	RC1, execute 180° turn
		1	RC1, execute 180° turn to VP
		3	Table position
		5	F4f, crane position
		7	F4f, knight position
		1	F5a, VP position
		3	Go down with both knees bent into the water
BLOCK 4	TRANSITION (15'')	7	Come up to breathe
		1	¼ body turn
		3	Boost preparation
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	Turn body ¼
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Ballet leg

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		7	Ballet leg
		1	Bring foot beside the body

		3	Assume eggbeater position
		5	Extend open arms at water level
		6	Raise open arms above the head
		7	Lower open arms at water level
		1	Prepare right arm bent close to the body
		3	Raise arm behind the head
		5,6,7	Lower arm slowly to the water
		8	Assume eggbeater position
		1	Kick over right arm
		3	Kick over left arm
		5	Head to the side + ¼ body turn
		7	Head return
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (15'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A8, open-and-close movements forward and backward
		1,2,3,4,5,6,7	VP
		8	VP
		1	SC1, execute 180° descending spin
		3	SC1, execute 180° spin
		5	Hold at ankles
		7	SC1, separate one leg and push to rise
		1	SC1, execute 180° ascending spin
		3	SC1, execute 180° ascending spin to VP
		5	Table position
		7	F4f, crane position
		1	F4f, knight position
		3	F6c, execute 180° to VP
		5	Fall into the water with both legs bent
BLOCK 5	TRANSITION (10'')	1	Come up to breathe
		3	Boost preparation
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap

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		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side

		5	Hold the eggbeater
		7	¼ turn
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Bring foot beside the body
		7	Assume eggbeater position
		1	Extend open arms at water level
		2	Raise open arms above the head
		3	Lower open arms at water level
		4,5,6,7,8	Eggbeater
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (10'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8 1,2,3,4,5	A8, open-and-close movements forward and backward
		7	Bend both legs into the water
BLOCK 6	TRANSITION (10'')	1	Come up to breathe
		3	Boost preparation
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	Turn body ¼
		1	Lie back and bring both arms up

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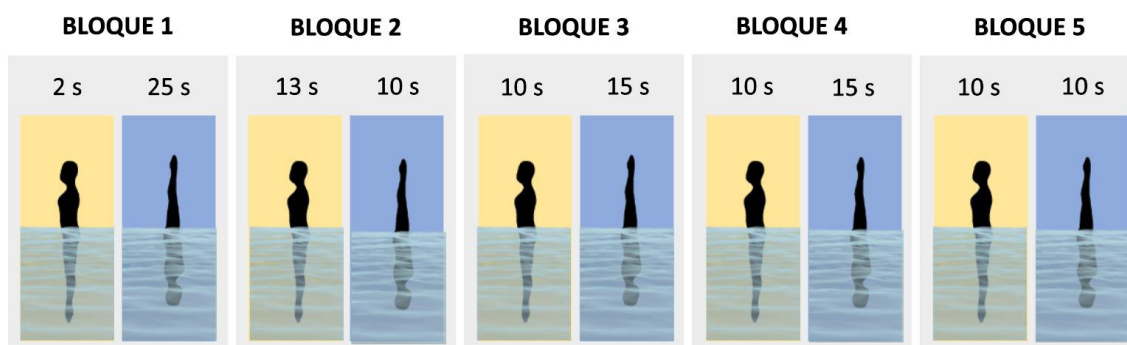
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position and scull
		1	Ballet leg

		3	Ballet leg
		5	Ballet leg
		7	Ballet leg
		1	Bring foot beside the body
		3	Assume eggbeater position
		7	Side crawl
		1	Pass arm to execute pike position
	HYBRID (10'')	5	Pike position
		7	A4b (half turn in pike to VP)
		1	F6c, execute knight position
		3	F6c, 180° turn to close from knight to VP
		5	Table position
		7	RD1, VP position
		1	RD1, 180° turn
		3	RD1, 180° turn
		5	F1a
		7	RC1, 360° turn to VP
		1	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A8, open-and-close movements forward and backward
		1,2,3,4,5,6,7,8	
		1	Past VP
		3	Bend both legs into the water
		5	END, come up to breathe



Pilot Routine Youth

STRUCTURE



The Pilot Routine Youth consists of 5 blocks, each formed by a TR + HYB. The total duration is 120s, of which 75s (~60%) are in apnea and 45s (~40%) are breathing.

CODES - HYBRIDS

There will be a reference hybrid, which will be that of block 1 (25s). For the remaining blocks, the same codes will be repeated until reaching the established seconds.

BLOCK 1: 25s code

A4b F6c RD1 F1a RC1 F7 A7 SC1 F4f F5a F7 F3a A6 S1 T4e

BLOCK 2: First 10 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A7

BLOCK 3: First 15 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A7 SC1 F4f F5a

BLOCK 4: First 15 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A7 SC1 F4f F5a

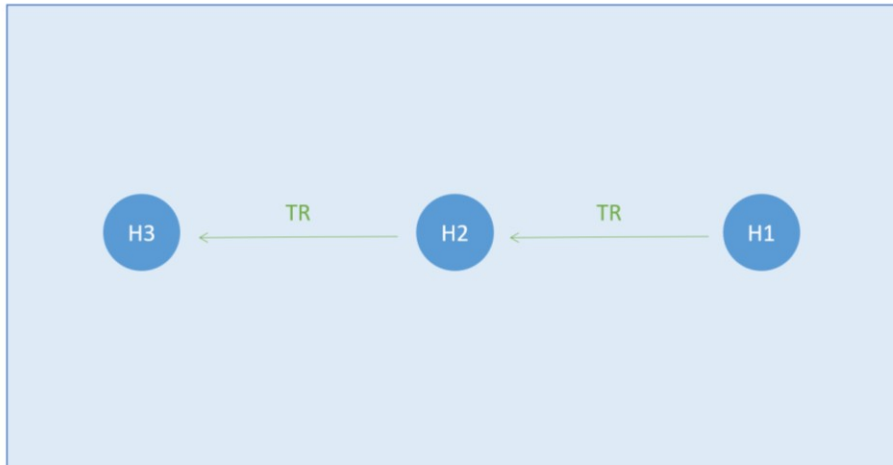
BLOCK 5: First 10 seconds of HYB 1

A4b F6c RD1 F1a RC1 F7 A7

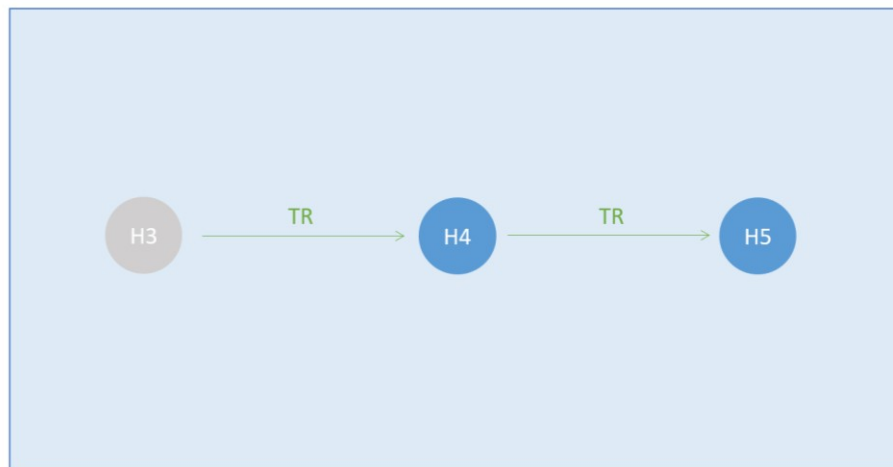
COURSE

Start directly from the water. The course consists of 2 lengths (OUT + BACK) only in a straight line and along the same central lane where it started.

LENGTH 1



LENGTH 2



TIMES

Starting position: eggbeater			
5 - 4 - 3 - 2 - 1 (countdown to the start of the music of the Pilot Routine)			
		NUMBER	MOVEMENT
BLOCK 1	TRANSITION (2')	1,2,3,4	-
		5	Head to the side + ¼ body turn
		7	Head return
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (25'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A7, open-and-close movements in VP
		1.2.3.4.5.6.7	
		8	VP with legs closed
		1	SC1, execute 180° descending spin
		3	SC1, execute 180° descending spin
		5	Hold at ankles
		7	SC1, separate one leg and push to rise
		1	SC1, execute 180° ascending spin
		3	SC1, execute 180° ascending spin to VP
		5	Table position
		7	F4f, crane position
		1	F4f, knight position
		3	F5a, knight to vertical
		5	Table position
		7	F7, extend to arched position
		1	F7, VP
		3	F3a, left Split
		5	F3a, right Split
		7	Table position
		1,2,3,4,5,6,7,8	A6, alternating changes in bent-knee flamingo
		1.2.3.4.5.6.7.8	
		1	Lift leg to VP
		3	S1, 180° turn
		5	S1, 180° turn
		7	Break at ankles

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		1,2,3,4,5,6,7,8	Barracuda preparation
		1	T4e, VP maximum height
		3	T4e, twist 180°
		5	T4e, crash
BLOCK 2	TRANSITION (13'')	7	Come up to breathe
		1	Kick
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	¼ turn
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Ballet leg
		7	Ballet leg
		1	Bring foot beside the body
		3	Assume eggbeater position
		5	Extend open arms at water level
		6	Raise open arms above the head
		7	Lower open arms at water level
		1	Prepare right arm bent close to the body
		3	Raise arm behind the head
		5,6,7	Lower arm slowly to the water
		8	Assume eggbeater position
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (10'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A7, open-and-close movements in VP
		1,2,3,4,5,6	

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BLOCK 3	TRANSITION (10'')	7	Bend and tuck both legs toward the water
		1	Come up to breathe
		3	Boost preparation
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	¼ body turn
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Bring foot beside the body
		7	Assume eggbeater position
		1	Extend open arms at water level
		2	Raise open arms above the head
		3	Lower open arms at water level
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (15'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A7, open-and-close movements in VP
		1.2.3.4.5.6.7	
		8	VP legs closed
		1	SC1, execute 180° descending spin
		3	SC1, execute 180° descending spin
		5	Hold at ankles
		7	SC1, separate one leg and push to rise
		1	SC1, execute 180° ascending spin
		3	SC1, execute 180° ascending spin to VP
		5	Table position
		7	F4f, crane position

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		1	F4f, knight position
		3	F5a, knight to VP
		5	Fall with both legs bent
BLOCK 4	TRANSITION (10'')	7	Come up to breathe
		1	Kick with $\frac{1}{4}$ body turn
		3	Boost preparation
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	Turn body $\frac{1}{4}$
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Bring foot beside the body
		7	Assume eggbeater position
		1	Extend open arms at water level
		2	Raise open arms above the head
		3	Lower open arms at water level
		4,5,6,7,8	Hold the eggbeater
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (15'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A7, open-and-close movements in VP
		1.2.3.4.5.6.7	
		8	VP legs closed
		1	SC1, execute 180° descending spin
		3	SC1, execute 180° spin
		5	Hold at ankles
		7	SC1, separate one leg and push to rise

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		1	SC1, execute 180° ascending spin
		3	SC1, execute 180° ascending spin to VP
		5	Table position
		7	F4f, crane position
		1	F4f, knight position
		3	F5a, knight to VP
		5	Fall with both legs bent
BLOCK 5	TRANSITION (10'')	7	Come up to breathe
		1	Kick while turning ¼ body
		3	Boost preparation
		5	Boost preparation
		7	Boost with 1 arm
		1	Boost recovery
		5	Dry cap
		7	Start in eggbeater
		1	Right arm to the side
		3	Left arm to the side
		5	Hold the eggbeater
		7	¼ turn
		1	Lie back and bring both arms up
		3	Open both arms, one above the head and the other close to the body
		5	Backstroke arm pull
		6,7,8	Set layout position
		1	Ballet leg
		3	Ballet leg
		5	Bring foot beside the body
		7	Assume eggbeater position
		1	Side crawl
		3	Pass arm to execute pike position
	HYBRID (10'')	7	Pike position
		1	A4b (half turn in pike to VP)
		3	F6c, execute knight position
		5	F6c, 180° turn to close from knight to VP
		7	Table position
		1	RD1, VP position
		3	RD1, 180° turn
		5	RD1, 180° turn
		7	F1a
		1	RC1, 360° turn to VP
		3	Table position
		5	F7, extend to arched position
		7	VP
		1,2,3,4,5,6,7,8	A7, open-and-close movements in VP
		1,2,3,4	
		5	VP legs closed
		7	Bend both legs toward the water
		1	END, come up to breathe



<https://inefc-grceib.cat/pirou/>

Organization and management



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Collaboration

