

ROUTINE SET TEST 2 – Details

Technical elements:

1. **Propulsions:** eggbeater (1 arm up) + kick pull kick + flutter kick
2. **Kipnus** (rapid execution) + back somersault under water
3. **Bent Knee Back Layout combination**
4. **Body Boost without arms**

4x8 the swimmer starts out of the water. Starting position is free:
1-8 stand in position
1-8 free movements (the execution of this part is free)
1-4 one step forward (right leg preferably), 5-8 close leg
1-4 stand in position, 5-8 prepare for dive in

1-8 dive in headfirst

1-8 underwater kicking and prepare to surface

1st Tech Element = Propulsions

1 exit in **eggbeater**, LEFT shoulder in front

2-8 move lateral left eggbeater

1 lift straight RIGHT arm near the ears

2-4 hold arm position and move sideways

5 lie down the RIGHT arm to the side straight above the surface of the water

6-8 move sideways

1 turn around 90° to FRONT eggbeater, pull arms under water

2-4 move in FRONT eggbeater

5 turn around 90° to side eggbeater RIGHT shoulder in front

6-8 move lateral RIGHT eggbeater

1-8 move lateral RIGHT eggbeater

1 lift straight LEFT arm near the ears,

2-4 hold arm position and move sideways

5 lie down the LEFT arm to the side straight above the surface of the water

6-8 move sideways

1 turn around 90° to FRONT eggbeater

2-8 move in FRONT eggbeater

4x8 **kick-pull-kick** with right/left arm

1-4 kick to the front with RIGHT arm straight in front of the body, 5-8 pull arm and legs close to the body

1-4 kick to the front with LEFT arm straight in front of the body, 5-8 pull arm and legs close to the body

1-4 kick to the front with RIGHT arm straight in front of the body, 5-8 pull arm and legs close to the body

1-4 kick to the front with LEFT arm straight in front of the body, 5-8 pull arm and legs close to the body

2x8 **flutter kick** on the RIGHT side with both arms horizontally above the surface, head sideways on the right arm

1-4 backstroke action with LEFT arm to turn on the back to assume a Back Layout Position

5-6 laying in Back Layout Position

2nd Tech Element = Kipnus rapid execution

- 1x8 laying in Back Layout Position and moving headfirst
- 1 assume an Inverted Tuck Position
- 2-8 hold the position
- 1 assume a Bent Knee Vertical Position
- 2-4 hold the position
- 5-8 Descent maintaining the Bent Knee Vertical Position
- 1x8 Back Somersault to return to the surface

- 1-4 underwater kicking and prepare to surface
- 5-8 exit in BACK eggbeater
- 1-8 travelling in BACK eggbeater

3rd Tech Element = Bent Knee Layout Position Combination

- 1 assume Back Layout Position with one backstroke kick
- 2-8 laying in Back Layout Position and moving headfirst
- 1-2 assume RIGHT Bent Knee Layout Position
- 2-4 assume LEFT Bent Knee Layout Position (exchange)
- 5-8 assume Back Layout Position
- 1-4 assume RIGHT Bent Knee Layout Position
- 5-8 assume Back Layout Position
- 1 rapid somersault to submerge
- 2-8 stay underwater

4th Tech Element = Body Boost without arms

- 1-4 turn 180° underwater kicking
- 5-8 prepare body boost
- 1-4 body boost without arms
- 5-8 submerge

- 1x8 under water
- 1-4 exit in FRONT eggbeater and prepare the arm (right or left is free) while moving in front eggbeater
- 5-8 ending position (1 arm up)