

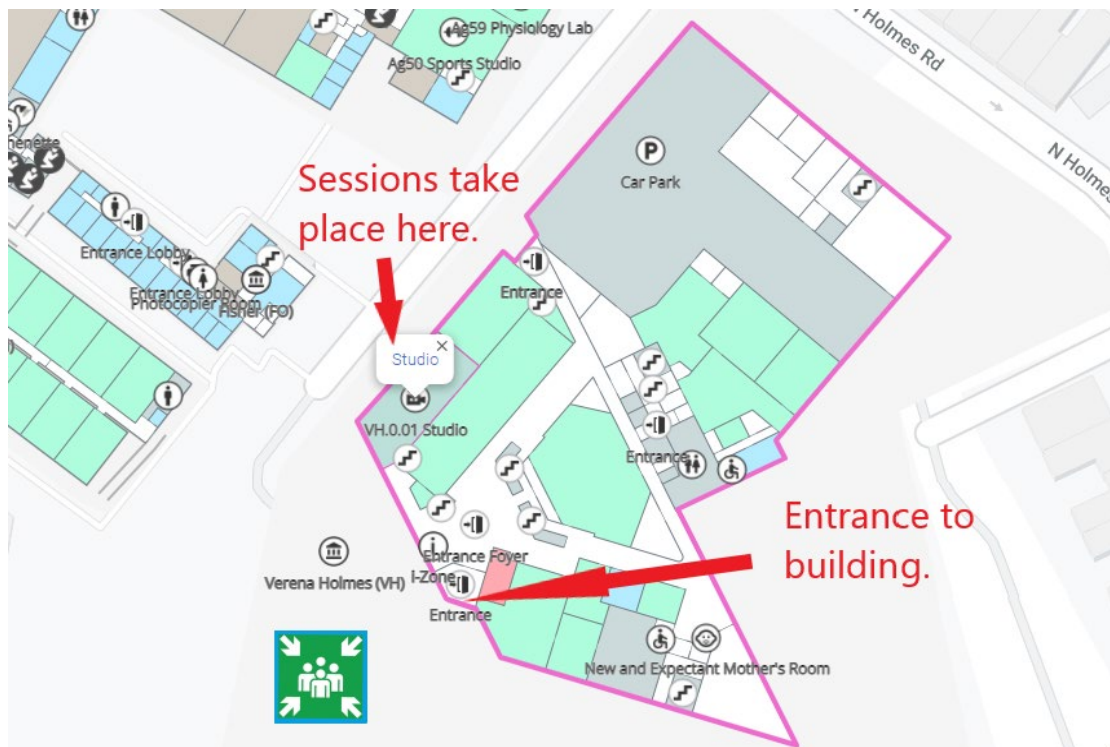
Wattbike Training Sessions

Location

The sessions will take place in the Sport Science Studio (Verena Holmes building – [VH.0.01](#)) at the [SportsLab facility](#) at Canterbury Christ Church University (see map below).

Parking is available via Gate 4 on North Holmes Road after 17:50. **Access to the SportsLab facility is not available via car at either Gate 5 or Gate 6 (North Holmes Road), therefore please use Gate 4 instead.** On-street parking is available on the surrounding roads at £2.40 per hour until 18:30 and free thereafter, more information is available via the [parkopedia website](#).

There are also bike sheds located across from Abbey Square, which is shown as the assembly point in the map below and can be used should you be arriving by bicycle. Though the site is relatively secure, and we have very few issues, bicycles left at the bike sheds are done so at the owner's own risk.



Event Schedule

PLEASE NOTE: PRIOR TO EACH EVENT RIDERS WILL BE ASKED TO SIGN-ON AND BY DOING SO YOU ARE AGREEING TO THE DISCLAIMER THAT WILL BE ON DISPLAY DURING THE EVENT AND IS AVAILABLE [HERE](#). FURTHER TERMS AND CONDITIONS CAN BE FOUND [HERE](#).

The training sessions will last approximately 1 hour and will start at 18:30 and 19:45 on Tuesdays, Wednesdays and Thursdays (please see your email confirmation for your specific booking details). The sessions are run as a block of sessions.

So that we can ensure that the bikes are setup ready for your arrival it would be appreciated if you could avoid arriving any earlier than 20 minutes before your session is due to start. Please access the SportsLab Studio (VH.0.01) via the entrance highlighted on the map above, access will not be available via the entrance just south of the Verena Holmes car park. The building does have access control in place and therefore in the event that the doors do not automatically open on arrival please use the intercom to the left of the doors to call through to the Security Team who will let you in. Should the SportsLab Studio not be open when you arrive, please feel free to wait in the foyer at the main entrance.

Pre-session preparation

The sessions can be quite intense and as a result, the majority of your energy will be derived from your carbohydrate reserves. As a result, it is advisable that you consume a 'light' high percentage carbohydrate snack containing around 60g carbohydrate around 90 minutes prior to the session commencing. This along with maintaining your hydration will help to ensure that you are well prepared to complete the session successfully.

Equipment

All Wattbikes are fitted with pedals which are sports trainer, SPD and Look Keo/SPD-SL compatible. Therefore, you only need bring your own pedals if they are different to these. General cycling clothing (lycra based) that you would typically wear for cycling is ideal for these sessions. A towel may also be advisable as though high-velocity fans are used throughout the sessions; you are likely to still get reasonably warm.

Should you need to change before or shower after the session, there are gender neutral changing rooms on site in VH.0.20, where you will also find lockers available should you require them. **PLEASE NOTE:** all property is left at the owner's risk and neither SportsLab nor Canterbury Christ Church University accepts responsibility for property lost, stolen or damaged.

Drinking water is available within the SportsLab Studio (VH.0.01) where the sessions take place and there is also a water dispenser near the changing room entrance on the ground floor (VH.0.20).

PLEASE NOTE: mobile phone reception within the building can be quite poor. If this may be an issue for you then please feel free to connect to the University's [Guest Wifi](#) service.

Health and Safety

There will not be any fire alarm testing scheduled for the duration of the Wattbike Training Sessions and so should the fire alarm sound please exit the building via the nearest exit immediately and please do not attempt to collect your belongs on the way. You should be accompanied by the coach leading the session, but please proceed to the 'Abbey Square' fire assembly point as depicted on the map above by the symbol to the right.



Should you require first aid or emergency assistance during your visit then please speak to the coach delivering the session, however in case of emergency Security can be contacted on ext. 2111 via an internal handset (there is one situated near the sink in VH.0.01) or 01227 922111 from a mobile.

Canterbury Christ Church University



Useful Resources

Wattbike How to Videos – [YouTube](#)

Wattbike App – [Android](#) and [iPhone](#)

Tim's coaching website - blackcatcyclecoaching.com

If you have any questions in the meantime, then please do not hesitate to contact me.

Kind regards

Dan Tolhurst

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