

WATTBIKE

TESTING

wattbike



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ELITE SPORTS



WATTBIKE TESTING IN ELITE SPORTS

In our series investigating Wattbike testing around the world, the time has come to go back to where Wattbike started: elite sports. Since the Wattbike was designed with champions, it should come as no surprise that numerous sports teams, athletes, and coaches around the globe are using the Wattbike for testing and training purposes.

The relationship between Wattbike and football has been a long and successful one, and the historical 2018 England football team utilised Wattbikes ahead of their successful World Cup bid this summer. For Sheffield United, the Wattbike has become an essential piece of kit for the players. The bikes are used for off feet conditioning where each player receives a personalised training plan based on individual fitness results after completing the Submax ramp test. You can also find Wattbikes at Manchester City, Bournemouth FC, Leicester City, Real Madrid, Bayern Munich, and Olympique Lyonnais.

Away from the football pitch, Wattbike recently teamed up with triathlon apparel brand HUUB to create one of the most exciting teams in track cycling: the HUUB Wattbike team. The

team features UCI World Cup winners, World Champions, and world tour riders, who all use Wattbikes for indoor training and testing. The team recently made their first lasting mark on the world stage when they stormed to a silver medal at the Milton Track World Cup at the end of October.

Also using the Wattbike to gather data, monitor results, and improve performance, is world champion track/road cyclist, and passionate Wattbiker, Lizzie Deignan. The Wattbike proved its versatility to Lizzie during her pregnancy this summer, as it allowed her to keep up her miles without straining herself in the heat. Saracens and England rugby player Vicky Fleetwood is another Wattbiker who favours the bike for off feet conditioning and fitness testing throughout the year. Rugby has almost universally adopted the Wattbike across the globe for player testing, conditioning and rehabilitation at both club and international level. You will often spot Wattbike's at the side of the pitch or in the dressing room at most big matches.

Away from the rugby pitch, Wattbikes are utilised at Porsche Human Performance Centre to get drivers fit and ready for racing. Since cardio is a key aspect of racing fitness, the Wattbike has become the perfect complement for drivers who are looking to get a leg up on the competition.

The New York Mets also recently joined the Wattbike tribe, and in Japan, you can find Wattbikes at the Altitude Training Centre in Yumomaru-Kogen and at the Sontag Hotel in Nagano. The latter will be used by the Italian rugby team ahead of the 2019 World Cup. China's soccer players will also benefit from Wattbikes as they have been installed in the National Soccer Training Centre in Guangzhou.

Wattbike is also used as a testing tool for: British Cycling, Cycling Australia, USA Cycling, Cycling New Zealand, UCI, All Blacks, SA Rugby, England Rugby, Rugby France, WRU, Manchester United, FC Bayern, Chelsea, Leicester City, Manchester City, Saracens, English Institute of Sport, British Rowing, Triathlon England, Australian Institute of Sport, and US Rowing, among many others.

The HUUB Wattbike team putting in the work on the track

TALENT IDENTIFICATION

Wattbike's versatility and adaptability really comes to the forefront when used for talent identification. UK Sport have been using the Wattbike for the largest multi-sport identification programme in British history; the #DiscoverYourGold campaign. The Wattbike is an essential part of identifying talented young athletes who have the potential to become future champions. Young hopefuls are put through a series of rigorous testing, including two 6-second max sprints, two 10-second max sprints, and a maximal ramp test. These tests set repeatable, accurate benchmarks for every athlete's explosive power and anaerobic endurance, and allow UK Sport to identify tomorrow's sporting stars.

The UCI World Cycling Centre have also been huge fans of the Wattbike for years, utilising it since 2015 as a testing, training, and monitoring tool at the high performance facility in Aigle, Switzerland. UCI has also placed Wattbikes in World Cycling Centres across the globe to

help in the search for the next generation of cycling talents. UCI use the Power Test Protocol developed by Wattbike to identify potential athletes, which has made the identification of hopefuls easier, and more importantly standardised, around the globe.

To train and test like the elite, download our Wattbike Hub app today and start pedalling! More info on the app can be found [here](#)



Aspiring athletes put through their paces at UK Sport Testing



Wattbikes have been at the UCI since 2015



Hull KR Rugby team training on Wattbikes






Sheffield United FC personalise player training using Wattbikes

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CONTACT OUR TEAM TODAY TO FIND OUT HOW YOU
CAN REVOLUTIONISE YOUR INDOOR TRAINING.

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