If you have an 2D or 3D field with $\mathrm{SIZE_{IN}} \times \mathrm{SIZE_{IN}}$, and apply CNNs, the

$$\mathrm{SIZE_{OUT}} = \frac{\mathrm{SIZE_{IN}} + 2\mathrm{PADDING} - \mathrm{KERNEL}}{\mathrm{STRIDES}} + 1 \tag{1}$$

For Transposed convolutional neural nets the expression reads

$$\mathrm{SIZE_{OUT}} = (\mathrm{SIZE_{IN}} - 1)\mathrm{STRIDES} - 2\mathrm{PADDING} + \mathrm{KERNEL} \tag{2}$$

When training CNNs, the dimensions of the images to input into the network should be

$$[\mathrm{BATCH\ SIZE},\ \mathrm{CHANNELS},\ \mathrm{HEIGHT},\ \mathrm{WIDTH}] \tag{3}$$