|  |  |
| --- | --- |
| FAST TWITCH FIBRES | SLOW TWITCH FIBRES |
| CONTRACT MORE SLOWLY | CONTRACT MORE RAPIDLY |
| PROVIDE LESS POWERFUL CONTRACTIONS | PROVIDE MORE POWERFUL CONTRACTIONS |
| CONTRACT OVER A LONGER PERIOD | CONTRACT OVER A SHORT PERIOD |
| RUNNING A MARATHON | RUNNING A SPRINT |
| WEIGHT LIFTING | MO FARAH |
| USAIN BOLT | INTENSE EXERCISE |
| ENDURANCE WORK | CALF MUSCLES MAINTAIN BODY POSITION |
| BICEPS USED FOR LIFTING | AEROBIC RESPIRATION |
| ANAEROBIC RESPIRATION | LARGE STORE OF MYOGLOBIN |
| RED COLOUR | RICH SUPPLY OF BLOOD VESSELS |
| MANY MITOCHONDRIA | THICKER AND MORE NUMEROUS MYOSIN FILAMENTS |
| HIGH CONCENTRATION OF GLYCOGEN | STORE OF PHOSPHOCREATINE |