

Table 1 Muscle fibers and their characteristics

Characteristic	Fast-twitch Glycolytic (FG)	Fast twitch Oxidative (FOG)	Slow twitch (ST)
Physiological Properties			
--Contraction speed	fast	fast	slow
--Contraction strength	very high	high	low
--Irritability	fast	fast	slow
--Aerobic endurance capacity	poor	good	very good
Biochemical Properties			
--Phosphagen store	+++	++	+
--Glycogen store	+++	++	++
--Fat store	+	++	++
--Mitochondrial content	+	++	+++
--Capillarisation	poor	good	very good
Physical Properties			
	Training within submaximal range Of resistance. Maximal strength Explosive power performance.		Muscle en- durance, static