Aerobic exercise	Anaerobic exercise
Slow-twitch muscle fibers	Fast-twitch muscle fibers
Small in diameter	Large in diameter
Dark in color due to high myoglobin content (red muscle fibers)	Light in color due to low myoglobin content (white muscle fibers)
Numerous mitochondria	Relatively few mitochondria
Low glycogen content (they also metabolize fatty acids and proteins, which are broken down into the acetyl CoA that enters the Krebs cycle)	High glycogen content (ready supply of glucose for glycolysis)
Surrounded by many capillaries	Surrounded by few capillaries
Prolonged activities but at lower intensity	Short-duration activities with great intensity
Fuels stored in muscle, adipose tissue and liver Major fuels used vary with the intensity and duration of exercise (glucose – early, FFA – later)	Energy is supplied by creatine phosphate and glycogen (glucose) from muscle
Long-distance running and swimming	Sprinting (running over a short distance at top speed) Weight-lifting