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- Known as red muscle fibres or oxidative muscle fibres.
- Rich blood supply, mitochondria and myoglobin ensures that the muscles do not have to respire anaerobically and sufficient ATP is produced for active cells.

Fast twitch muscle

- Muscle fibres that contract very quickly
- Muscles used for fast movement
- Short bursts of speed and power
- Get tired very quickly
- Energy is released quickly through anaerobic respiration using glycogen and glycolysis
- Few blood vessels, few mitochondria and few myoglobin
- Rich glycogen storage for glucose for both aerobic and anaerobic respiration
- Relatively high levels of creatine phosphate → used to form ATP from ADP
- Known as glycolytic or white muscle fibres
- Many more myofibrils are packed into fast twitch fibres as little space is taken up by mitochondria
- Cannot produce lots of ATP

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