

Differences between FT and ST athletes

Classic Slow Twitch Types

- „Like“ longer sessions
- Cannot sprint well
- Need time to get into a race
- The longer the race the better
- Can do 80kg 15 times, but not once 85kg
- Full power low rate? No problem!
- Needs long intervals to become tired
- Require continuous endurance load to recover well
- Do not get sore from 3-5 rep weight training easily

Classic Fast Twitch Types

- Easily get bored during longer sessions (variation helps)
- Love to sprint (not a lack of motivation if endurance loads do not go well!)
- Love to lead from the start
- Favourite race distance? Short and fast!
- Happy to do 100kg 5 times, but don't ask me to do 50kg 20 times.
- Full power low rate? Kills me in 2 minutes.
- Full power high rate? Gone in 60 seconds.
- Give me a day off and I am fine again.
- 5 reps and I am wasted

Examples based on personal experience and valid for extreme types of each category.
Most athletes will be a mix of both with a tendency towards one extreme.