

Table 4-2

Relative Mass and Fiber Type Distribution of Rat Ankle Extensors

Muscle	Relative Mass of Plantarflexors (%)	SO Fibers (%)	FOG Fibers (%)	FG Fibers (%)
Lateral gastrocnemius	36	—	—	—
“White” medial gastrocnemius	48	—	5	95
“Red” medial gastrocnemius	50	50	—	—
Plantaris	14	10	45	45
Soleus	6	80	20	

Source: Roy, R. R., Medows, I. D., Baldwin, K. M., & Edgerton, V. R. (1982). Functional significance of compensatory overloaded rat fast muscle. *Journal of Applied Physiology*, 52, 473–478.