**Muscle Fibre type**

**Kenya’s Famous Long distance Runners Page. 91**

1. What did the Danish scientists find about Kenyan runners compared to Danish Runners?
2. Besides muscle fibres what possible geographical/ environmental/nutritional factors might contribute to Kalenjin dominance in long distance (3)?
3. What social factors may have contributed?
4. What did Lornah Kiplagat do for Kenyan women?

**Read article below:**

<http://www.outsideonline.com/1783586/it-possible-change-my-muscle-type>

1. Can you change your muscle type? Explain

2. Can fibres change within their own type? Explain

3. With training you could change your fibre type about \_\_\_\_\_\_ percent

4. What are percentages are people generally born with?

5. What makes someone an exceptional endurance athlete or sprinter?