



Figure S1. Fiber morphometry and mitochondrial histoenzymology. (A) Mean perimeter; (B) mean shape-factor; (C) representative images of stained sections and normalized cytochrome c (COX) activity; and (D) representative images of stained sections and normalized succinate deshydrogenase (SDH) activity, of type-I (left) and type-IIA (right) fibers in 37Y and 50Y runners PRE (black bars) and POST (grey bars) 24TR. Results are means \pm SE ($n=4-6$). § $P < 0.05$ between type-I and type-IIA fibers; * $P < 0.05$ between PRE and POST.