Figure S1. Histological images (bar: 100 µm) of gastrocnemius muscle fibers from sedentary and exercised animals, 6 weeks after endurance training protocol. Endurance training resulted in a pronounced increase of type I fibers (dark fibers) in gastrocnemius muscle (fiber cross-sectional area) of the exercised group, measured by myosin ATPase activity.
Figure S2. Representative images of the Ponceau S staining (western blotting) of sedentary (S) and exercised (E) animals, 6 weeks after training protocol. Equal protein loading was confirmed by Ponceau S staining of all membranes. Endurance training resulted in pronounced change of protein content in gastrocnemius muscle of exercised group.