Table 4

Parameter	effects	considerations
G (growth)	slows flattening of curve over more iterations > changes the actual form of the function	arbitrary set at 0.5 for simulation a sd of 0.05 was arbitrary set
A	decreases the rate of performance improvement	oriented on the popcultural “10.000 Hour rule” which suggests it takes 10.000 hours of practice to convert from novice to expert. We therefore adapted A to a value in which after 10.000 iterations of practice, a growth of 0.5 and baseline of 0.25 the performance reached 0.75. > A is set to 50
F	reduces the FE and therefore the growth rate of performance	● Has to be >0 as full functional equivalence of mental practice is no feasible ● Is set to 0.2 to mirror the missing sensory information even an expert can´t replace by motor imagery
Expertise levels	transforming nominal expertise levels in assumed pre-task performance	For simplicity we will assume that “novice” level expertise equals an performance of 0.25, “intermediate” of 0.5 and “expert” of 0.75.