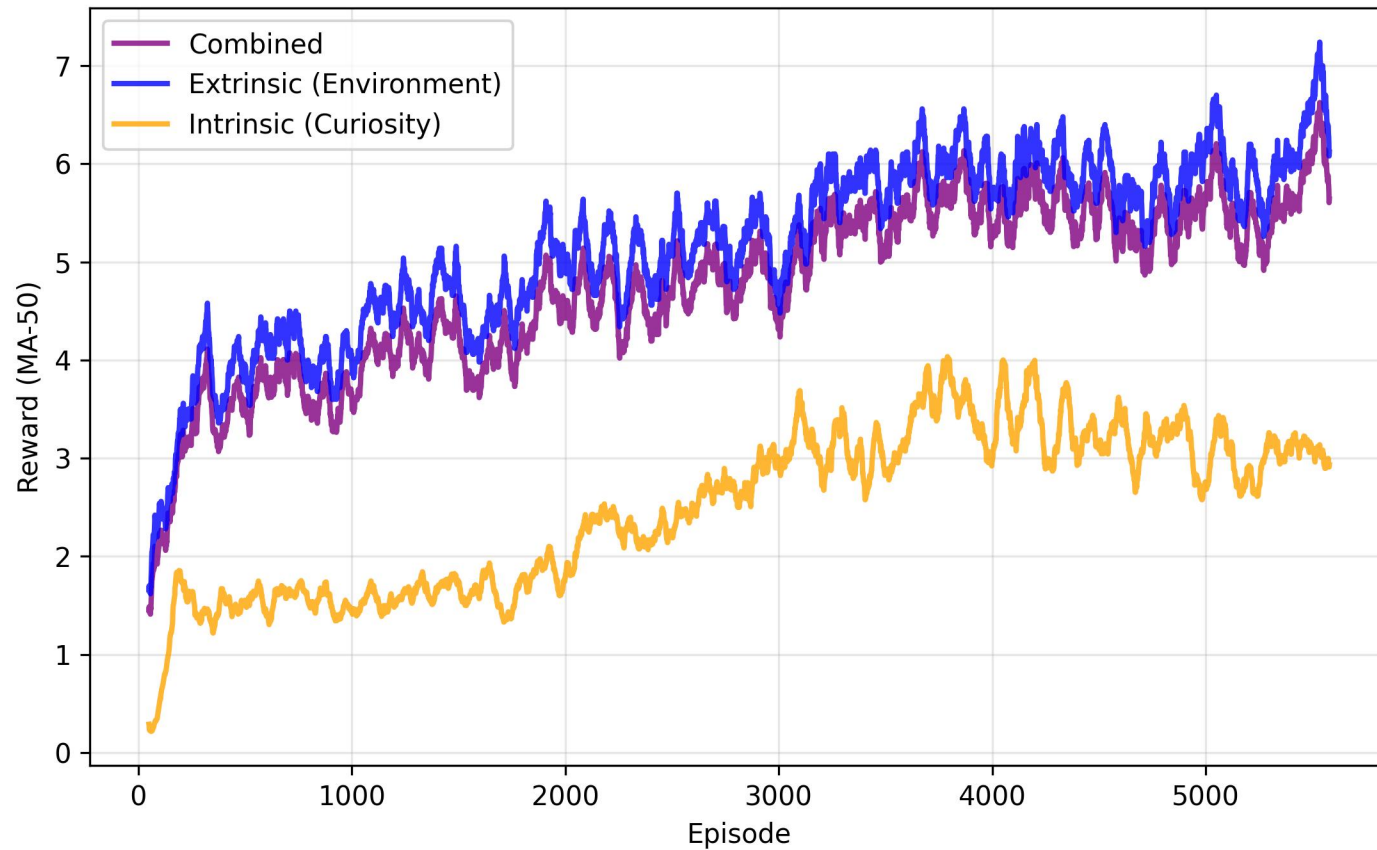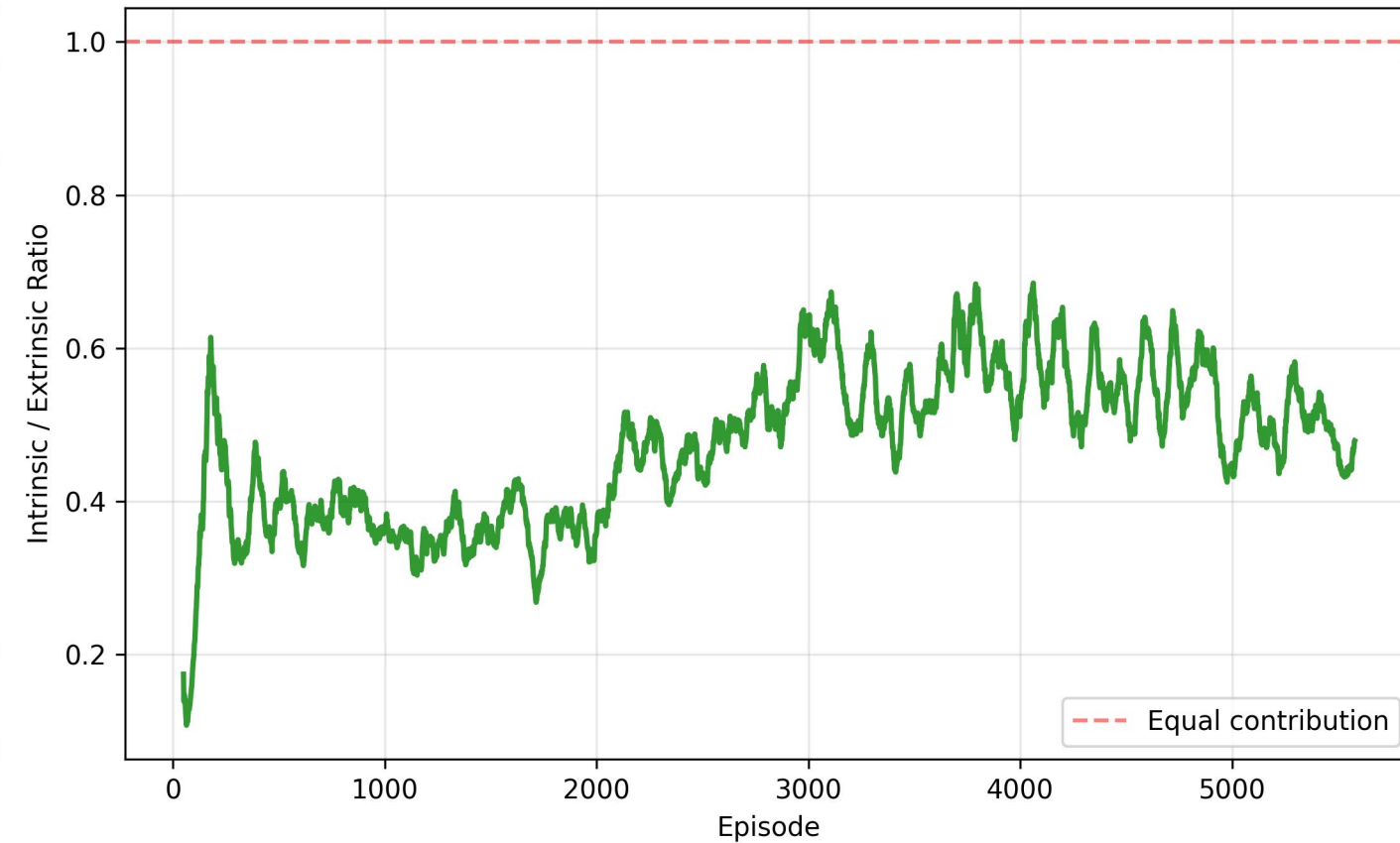ICM Training Analysis: Intrinsic vs Extrinsic Rewards