Illustration of the experimental design and procedure of study I Acquisition Retention Baseline (Day 1) (Day 2,3 and 4) (Day 5) Interleaved 72 h Day 2 Day 3 Day 4 12 runs (total) 12 runs (total) retention period Random course Random course Blocked sequence for each sequence for each participant participant

Day 3

Day 4

Day 2

