

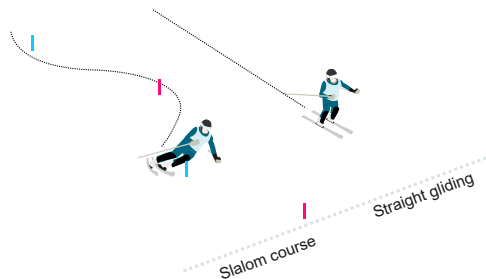
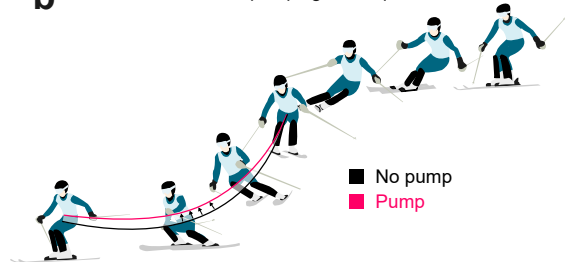
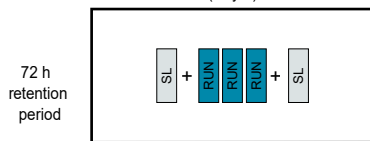
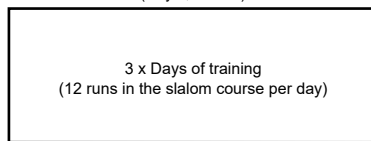
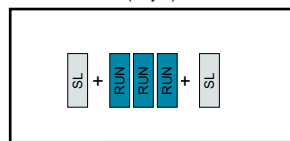
a Trial types**b** Illustration of the pumping technique**c**

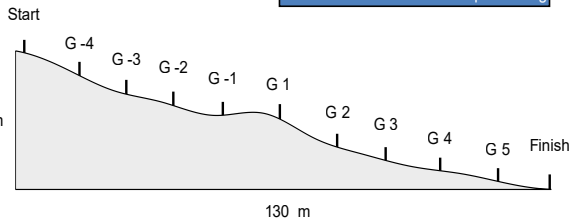
Illustration of the original experiment and procedure

Baseline
(Day 1)Training sessions
(Day 2,3 and 4)Retention
(Day 5)72 h
retention
period

Time

d

Terrain profile

**e**

Course setup and local positioning setup

