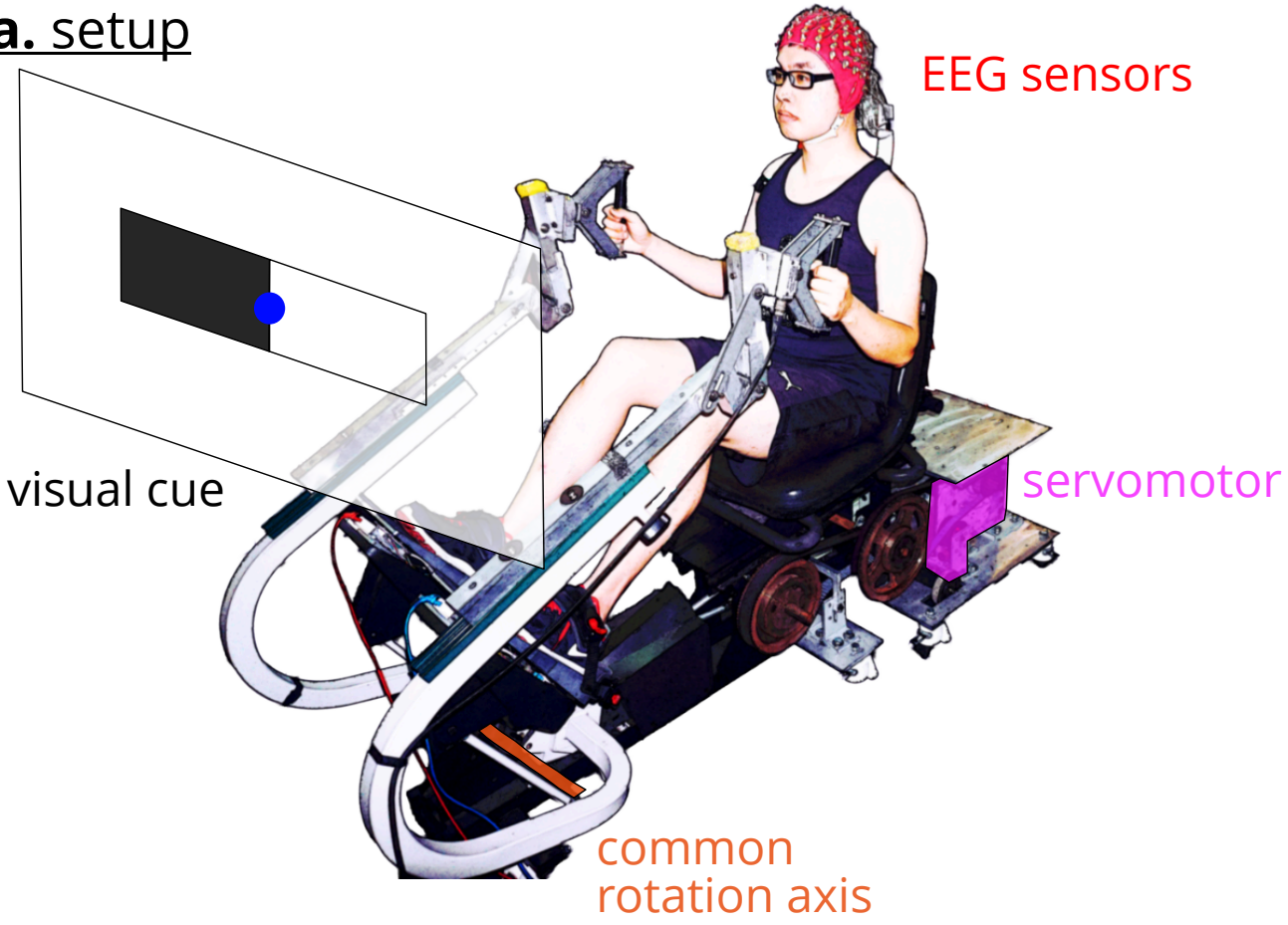
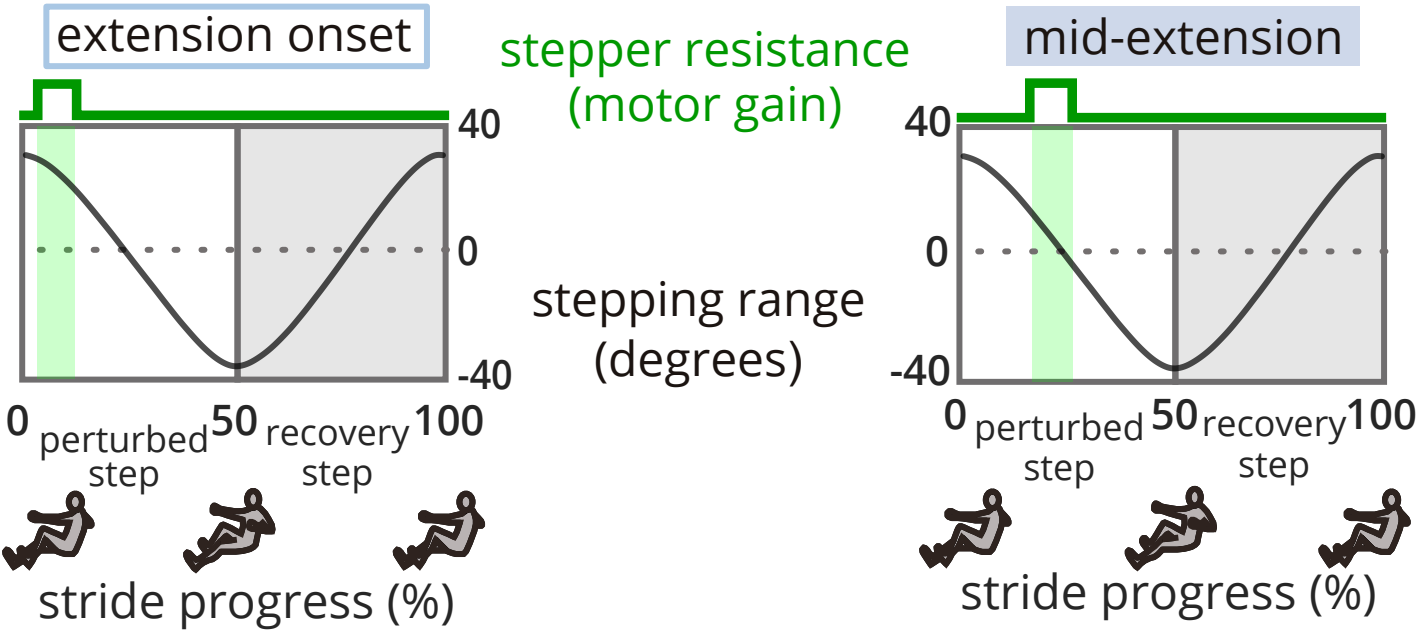
a. setup



b. perturbation types



c. task blocks

U = Unperturbed P = Perturbation C = Catch, no perturbation

U U U U U U U	P P C P P P C P P P P P P P P C P P P C P C P P P P	U U U U U U U
Pre (2 min)	Perturbed, 1 in 5 is a Catch (6 min)	Post (2 min)