Table 1: **Table** *Regression model*

|  | Full model with effect-conditions | | | | |
| --- | --- | --- | --- | --- | --- |
| Predictor | Beta | SE | df | t | p |
|  | | | | | |
| (Intercept) | 0.1 | 0.08 | 293.84 | 1.22 | .225 |
| Post | -0.13 | 0.06 | 308.7 | -2.05 | .041\* |
| Training | -0.02 | 0.12 | 293.84 | -0.2 | .838 |
| Trend | -0.34 | 0.07 | 606.86 | -4.98 | <.001\*\*\* |
| Slope | -0.1 | 0.07 | 606.86 | -1.52 | .130 |
| Trend & Slope | -0.1 | 0.07 | 606.86 | -1.45 | .146 |
| Post:Training | 0.17 | 0.09 | 309.01 | 1.94 | .053 |
| Post:Trend | 0.23 | 0.06 | 10189.04 | 3.9 | <.001\*\*\* |
| Post:Slope | 0.07 | 0.06 | 10189.04 | 1.25 | .210 |
| Post:Trend & Slope | 0.17 | 0.06 | 10189.04 | 2.83 | .005\*\* |
| Training:Trend | 0.17 | 0.1 | 606.86 | 1.82 | .069 |
| Training:Slope | 0.18 | 0.1 | 606.86 | 1.85 | .064 |
| Training:Trend & Slope | 0 | 0.1 | 606.86 | 0.05 | .962 |
| Post:Training:Trend | -0.36 | 0.08 | 10189.27 | -4.29 | <.001\*\*\* |
| Post:Training:Slope | 0.04 | 0.08 | 10189.31 | 0.44 | .661 |
| Post:Training:Trend & Slope | -0.27 | 0.08 | 10189.31 | -3.28 | .001\*\* |
| Model | | | | | |
| (Intercept) Subject | 0.24 |  |  |  |  |
| (Intercept) Subject:Time | 0.07 |  |  |  |  |
| (Intercept) Subject:Effect | 0.1 |  |  |  |  |
| Residual | 0.58 |  |  |  |  |
| ICC | 0.41 |  |  |  |  |
| N Subject | 136 |  |  |  |  |
| N Time | 2 |  |  |  |  |
| N Effect | 4 |  |  |  |  |
| R² Conditional | 0.42 |  |  |  |  |
| R² Marginal | 0.02 |  |  |  |  |
| Observations | 10875 |  |  |  |  |