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

|  | Full model with effect-conditions | | | | |
| --- | --- | --- | --- | --- | --- |
| Predictor | Beta | SE | df | t | p |
|  | | | | | |
| (Intercept) | 0.08 | 0.09 | 288.67 | 0.92 | .356 |
| Post | -0.12 | 0.06 | 303.61 | -1.86 | .064 |
| Training | 0 | 0.12 | 288.67 | -0.02 | .987 |
| Trend | -0.32 | 0.07 | 578.31 | -4.43 | <.001\*\*\* |
| Slope | -0.08 | 0.07 | 578.31 | -1.07 | .283 |
| Trend & Slope | -0.09 | 0.07 | 578.31 | -1.2 | .230 |
| Post:Training | 0.17 | 0.09 | 303.92 | 1.98 | .049\* |
| Post:Trend | 0.21 | 0.06 | 9814.03 | 3.4 | <.001\*\*\* |
| Post:Slope | 0.04 | 0.06 | 9814.03 | 0.63 | .530 |
| Post:Trend & Slope | 0.15 | 0.06 | 9814.03 | 2.37 | .018\* |
| Training:Trend | 0.15 | 0.1 | 578.31 | 1.48 | .139 |
| Training:Slope | 0.16 | 0.1 | 578.31 | 1.61 | .108 |
| Training:Trend & Slope | 0 | 0.1 | 578.31 | -0.03 | .978 |
| Post:Training:Trend | -0.33 | 0.08 | 9814.25 | -3.93 | <.001\*\*\* |
| Post:Training:Slope | 0.07 | 0.08 | 9814.28 | 0.78 | .434 |
| Post:Training:Trend & Slope | -0.25 | 0.08 | 9814.28 | -3 | .003\*\* |
| Model | | | | | |
| (Intercept) Subject | 0.23 |  |  |  |  |
| (Intercept) Subject:Time | 0.07 |  |  |  |  |
| (Intercept) Subject:Effect | 0.1 |  |  |  |  |
| Residual | 0.59 |  |  |  |  |
| ICC | 0.41 |  |  |  |  |
| N Subject | 131 |  |  |  |  |
| N Time | 2 |  |  |  |  |
| N Effect | 4 |  |  |  |  |
| R² Conditional | 0.42 |  |  |  |  |
| R² Marginal | 0.02 |  |  |  |  |
| Observations | 10475 |  |  |  |  |