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

|  | Full model | | | | |
| --- | --- | --- | --- | --- | --- |
| Predictor | Beta | SE | df | t | p |
|  | | | | | |
| (Intercept) | -0.03 | 0.07 | 170.01 | -0.47 | .635 |
| Post | -0.01 | 0.05 | 134 | -0.18 | .858 |
| Training | 0.07 | 0.1 | 170.01 | 0.64 | .521 |
| Post:Training | 0.02 | 0.07 | 134.02 | 0.29 | .769 |
| Model | | | | | |
| (Intercept) Subject | 0.26 |  |  |  |  |
| (Intercept) Subject:Time | 0.07 |  |  |  |  |
| Residual | 0.67 |  |  |  |  |
| ICC | 0.33 |  |  |  |  |
| N Subject | 136 |  |  |  |  |
| N Time | 2 |  |  |  |  |
| R² Conditional | 0.33 |  |  |  |  |
| R² Marginal | 0 |  |  |  |  |
| Observations | 10875 |  |  |  |  |