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

|  | Full model | | | | |
| --- | --- | --- | --- | --- | --- |
| Predictor | Beta | SE | df | t | p |
|  | | | | | |
| (Intercept) | -0.04 | 0.07 | 163.45 | -0.55 | .584 |
| Post | -0.02 | 0.05 | 128.99 | -0.39 | .699 |
| Training | 0.07 | 0.1 | 163.45 | 0.72 | .470 |
| Post:Training | 0.04 | 0.07 | 129.02 | 0.61 | .542 |
| Model | | | | | |
| (Intercept) Subject | 0.26 |  |  |  |  |
| (Intercept) Subject:Time | 0.06 |  |  |  |  |
| Residual | 0.68 |  |  |  |  |
| ICC | 0.32 |  |  |  |  |
| N Subject | 131 |  |  |  |  |
| N Time | 2 |  |  |  |  |
| R² Conditional | 0.33 |  |  |  |  |
| R² Marginal | 0 |  |  |  |  |
| Observations | 10475 |  |  |  |  |