

Table A1. Results from the linear mixed-effects model with training blocks as time factors (Baseline, Training1.1, Training1.2, Training2.1, Training2.2) and tracking error as dependent variable

	Estimate	SE	95% CI	<i>p</i>-value
Intercept	0.060	0.005	0.048, 0.070	< 0.001***
HEA	-0.019	0.008	-0.033, -0.003	0.019*
VEA	-0.004	0.008	-0.017, 0.014	0.636
Training1.1	-0.009	0.005	-0.019, -0.001	0.077 [·]
Training1.2	-0.014	0.005	-0.025, -0.004	0.005**
Training2.1	-0.021	0.005	-0.031, -0.011	< 0.001***
Training2.2	-0.014	0.005	-0.024, -0.004	0.006**
HEA × Training1.1	0.004	0.007	-0.011, 0.018	0.575
VEA × Training1.1	0.015	0.007	0.001, 0.028	0.035*
HEA × Training1.2	0.010	0.007	-0.004, 0.026	0.148
VEA × Training1.2	0.016	0.007	0.001, 0.030	0.023*
HEA × Training2.1	0.011	0.007	0.001, 0.031	0.033*
VEA × Training2.1	0.013	0.007	-0.004, 0.025	0.130
HEA × Training2.2	0.009	0.007	-0.005, 0.024	0.212
VEA × Training2.2	0.012	0.007	-0.003, 0.025	0.104

SE: standard error; CI: confidence interval using parametric bootstrapping. Reference level for group factor is Control and for time factor is Baseline. *** $p \leq 0.001$, ** $p \leq 0.01$, * $p \leq 0.05$, [·] $p \leq 0.1$