

Supplementary Table 1: Group x Phase interaction for number of training sessions (0a = comparator).

Interaction	Wald Value	p-value
[GRP=1.00] * [Phase=P1]	25.182	p<0.0001
[GRP=1.00] * [Phase=P2]	27.037	p<0.0001
[GRP=1.00] * [Phase=P3]	26.001	p<0.0001
[GRP=1.00] * [Phase=P4]	25.914	p<0.0001
[GRP=1.00] * [Phase=P5]	9.6950	0.0020
[GRP=2.00] * [Phase=P1]	26.506	p<0.0001
[GRP=2.00] * [Phase=P2]	18.534	p<0.0001

[GRP=2.00] * [Phase=P3]	24.351	p<0.0001
[GRP=2.00] * [Phase=P4]	21.524	p<0.0001
[GRP=2.00] * [Phase=P5]	0a	.

Supplementary Table 2: Group x Condition interaction for number of rewards in best performance sessions (0a = comparator).

Group x Condition Interaction	Wald Value	p-value
[CTRL] * [Vis]	5.515	0.019
[CTRL] * [Hid]	0.546	0.460
[FSE] * [Vis]	6.438	0.011
[FSE] * [Hid]	0a	.

Supplementary Table 3: Group x Condition interaction for reward to entrance ratio in best performance sessions (0a = comparator).

Group x Condition Interaction	Wald Value	p-value
[CTRL] * [Vis]	8.271	0.004
[CTRL] * [Hid]	0.907	0.341
[FSE] * [Vis]	6.384	0.012
[FSE] * [Hid]	0a	.

Supplementary Table 4: Group x Condition interaction for proportion goal time (0a = comparator).

Group x Condition Interaction	Wald Value	p-value
[CTRL] * [Vis]	7.036	0.0080
[CTRL] * [Hid]	0.015	0.9030
[FSE] * [Vis]	15.408	p<0.0001
[FSE] * [Hid]	0a	.