**Table S2: Progression milestones per session and setting ranges in the 12-weeks TT+VR training group**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEKS** | **#** | **SPEED** | **ENVIRONMENT** | **DURATION**  **(minutes)** | **OBSTACLE LEVEL** | **VISIBILITY** | **SIGNPOSTS**  **LEVEL** | **DISTRACTERS** |
| 1 | 1 | **80%** | PARK |  | Very Easy | Daytime | Easy | None |
| 2 | 15 |
| 3 |  |
| 2 | 4 |  | Daytime  Twilight  Night |
| 5 | 20 |
| 6 |  | Easy |
| 3 | 7 | **90%** |  |
| 8 | 25 |
| 9 |  |
| 4 | 10 |  | Medium | Easy-Medium |
| 11 | 30 |
| 12 |  | Medium |
| 5 | 13 | **100%** |  |
| 14 | 35 |
| 15 |  | Add Low Fog |
| 6 | 16 |  |
| 17 | 40 | Hard |
| 18 |  |
| 7 | 19 | **110%** |  | Add Medium Fog | Hard Park  Easy Urban | Hard |
| 20 | 45 |
| 21 |  |
| 8 | 22 |  | Add High Fog | Add Question |
| 23 | 45 |
| 24 | PARK + URBAN |  | Hard  Very Hard  (Park)  Easy-Medium  (Urban) | Diverse (Park)  Add low Fog  (Urban) | Hard  (Park)  Easy -  Medium  (Urban) | Hard  (Park)  None  (Urban) |
| 9 | 25 |  |
| 26 | 45-50 |
| 27 |  |
| 10 | 28 | **120%** |  | Diverse (Park)  Add medium Fog  Diverse + Add Fog  Low-High  Fog | Hard  (Park)  Easy -Medium  (Urban) |
| 29 | 45-50 |
| 30 |  |
| 11 | 31 |  | Hard  Very Hard | Hard |
| 32 | 45-50 |
| 33 |  | Hard  (Park + Urban) |
| 12 | 34 |  | Insane |
| 35 | 45-50 | Add  Questions |
| 36 |  |