eLIFE
1st Floor
24 Hills Road
Cambridge CB2 1JP, UK
P 01223 855340
W elifesciences.org
T @elife

eLife's transparent reporting form

We encourage authors to provide detailed information *within their submission* to facilitate the interpretation and replication of experiments. Authors can upload supporting documentation to indicate the use of appropriate reporting guidelines for health-related research (see EQUATOR Network), life science research (see the BioSharing Information Resource), or the ARRIVE guidelines for reporting work involving animal research. Where applicable, authors should refer to any relevant reporting standards documents in this form.

If you have any questions, please consult our Journal Policies and/or contact us: editorial@elifesciences.org.

Sample-size estimation

- You should state whether an appropriate sample size was computed when the study was being designed
- You should state the statistical method of sample size computation and any required assumptions
- If no explicit power analysis was used, you should describe how you decided what sample (replicate) size (number) to use

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:

The sample size was determined based on the reported sample sizes in previous related studies (see Materials & Methods).

Replicates

- You should report how often each experiment was performed
- You should include a definition of biological versus technical replication
- The data obtained should be provided and sufficient information should be provided to indicate the number of independent biological and/or technical replicates
- If you encountered any outliers, you should describe how these were handled
- Criteria for exclusion/inclusion of data should be clearly stated
- High-throughput sequence data should be uploaded before submission, with a private link for reviewers provided (these are available from both GEO and ArrayExpress)

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:

Each participant took part in four magnetoencephalography (MEG) sessions that involved a computerized perceptual decision-making task. The first two MEG sessions took place prior to an extensive behavioural training intervention (pre-training), the third and fourth MEG sessions took place following the training (post-training). All main results were replicated across the pre-training and post-training sessions (Figures 2 and 3 show the pre-training data and Figures 4, 5 and 6 show the post-training data and compare it to the pre-training data).
Two participants' data sets were too noisy even after rigorous data clean-up. In addition, there was a problem with processing the MEG data from two sessions (session 2 and session 4 in two different individuals) so only data from three instead of four MEG sessions were included for two participants. This information about participant/session exclusion can be found in the Methods section.

Statistical reporting

- Statistical analysis methods should be described and justified
- Raw data should be presented in figures whenever informative to do so (typically when N per group is less than 10)
- For each experiment, you should identify the statistical tests used, exact values of N, definitions of center, methods of multiple test correction, and dispersion and precision measures (e.g., mean, median, SD, SEM, confidence intervals; and, for the major substantive results, a measure of effect size (e.g., Pearson's r, Cohen's d)
- Report exact p-values wherever possible alongside the summary statistics and 95% confidence intervals. These should be reported for all key questions and not only when the p-value is less than 0.05.

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:

Explanations on the statistical analysis methods are provided in the Methods section. All analyses included twenty-two participants. Throughout the Results, we report the precise statistical test used (more detail can be found in the Methods). Figures display the mean and SEM across all participants. We correct for multiple comparisons and report exact p-values throughout. We report effect sizes and 95% confidence intervals throughout. Bayesian statistics were performed whenever necessary for confirming the null hypothesis. Details on this can be found in the Methods section.

(For large datasets, or papers with a very large number of statistical tests, you may upload a single table file with tests, Ns, etc., with reference to sections in the manuscript.)

Group allocation

- Indicate how samples were allocated into experimental groups (in the case of clinical studies, please specify allocation to treatment method); if randomization was used, please also state if restricted randomization was applied
- Indicate if masking was used during group allocation, data collection and/or data analysis

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:

The experimental design did not involve allocation of participants into different groups.

Additional data files ("source data")

- We encourage you to upload relevant additional data files, such as numerical data that are represented as a graph in a figure, or as a summary table
- Where provided, these should be in the most useful format, and they can be uploaded as "Source data" files linked to a main figure or table
- Include model definition files including the full list of parameters used
- Include code used for data analysis (e.g., R, MatLab)
- Avoid stating that data files are "available upon request"

Please indicate the figures or tables for which source data files have been provided:

Source data files for figures 2, 3, 4, and 6 is provided.
All datasets and codes for reproducing the results will be uploaded to Open Science Framework (OSF) after acceptance.