Competitive state of actions during planning predicts sequence execution accuracy

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Highlights

• Pre-ordering of actions during sequence planning can be assessed
behaviourally

• Competitive gradient reflects sequence preparedness and skill, but not speed
or timing

• Gradient is retrieved rapidly and revealed during automatic action selection

• Positional tuning of actions boosts the competitive gradient during planning

Summary

Humans can learn and retrieve novel skilled movement sequences from memory, yet the content and structure of sequence planning are not well understood. Previous computational and neurophysiological work suggests that actions in a sequence are planned as parallel graded activations and selected for output through competition (competitive queuing; CQ). However, the relevance of CQ during planning to sequence fluency and accuracy, as opposed to sequence timing, is unclear. To resolve this question, we assessed the competitive state of constituent actions behaviourally during sequence preparation. In three separate multi-session experiments, 55 healthy participants were trained to retrieve and produce 4-finger sequences with particular timing from long-term memory. In addition to sequence production, we evaluated reaction time (RT) and error rate increase to constituent action probes at several points during the preparation period. Our results demonstrate that longer preparation time produces a steeper CQ activation and selection gradient between adjacent sequence elements, whilst no effect was found for sequence speed or temporal structure. Further, participants with a steeper CQ gradient tended to produce correct sequences faster and with a higher temporal accuracy. In a computational model, we hypothesize that the CQ gradient during planning is driven by the width of acquired positional tuning of each sequential item, independently of timing. Our results suggest that competitive activation during sequence planning is established gradually during sequence planning and predicts sequence fluency and accuracy, rather than the speed or temporal structure of the motor sequence.

Keywords:

motor sequence; preparation; reaction time; finger accuracy; competitive queuing

Introduction

Producing a variety of movement sequences from memory fluently is an essential capacity of primates, in particular humans. It enables a skilled and flexible interaction with the world for a range of everyday activities - from tool-use, speech and gestural communication, to sports and music. Key to fluent sequence production is sequence planning before the initiation of the first movement [1,2], with longer preparation time benefitting sequence execution, i.e. reducing initiation time after a 'Go' cue and improving accuracy [3]. However, the underlying nature and content of sequence planning is still debated [4].

Computational models of sequence control, such as competitive queuing (CQ) models, suggest that preparatory activity reactivates sequence segments *concurrently* by means of a parallel activation gradient in the parallel planning layer [5]. Here the neural activation pattern for each sequence segment is weighted according to its temporal position in the sequence [6,7]. A rich literature indirectly supporting CQ in sequence control stems from observations of serial recall including transposition of neighbouring items and items occupying the same position in different chunks[6,8,9], and excitability of forthcoming items during sequence production[10]. Moreover, the CQ account has also been substantiated directly at the neurophysiological level in the context of well-trained finger sequences [11,12], saccades [13] and drawing geometrical shapes [14]. Importantly, these results have demonstrated that the neural gradient during planning is relevant to subsequent execution. In particular, response separation in the competitive gradient during sequence planning is predictive of sequence production accuracy [11,14]. Together, these data suggest that skilled sequence production involves the concurrent planning of several movements in advance before sequence initiation to achieve fluent performance.

While neural CQ during planning has been shown to predict subsequent production, it remains unclear which properties of the sequence this preparatory pattern encapsulates – the accuracy of the sequence (fluency of initiation and production quality), or the temporal structure of the sequence (speed and temporal grouping). Some CQ models assume the presence of a temporal context layer and that the activity gradients are learned by associations of the latter to each sequence element in the parallel planning layer, e.g. through Hebbian learning [7]. The form of activity in the context layer can be as simple as a decaying start signal [15], a

combination of start and end signals [5,16] or a sequence of overlapping states [7,17].

Although primarily encoding serial order of sequence items, models utilizing

overlapping states can implement effects of temporal grouping or sequence rhythm

[7]. Therefore, it is possible that the competitive activation of actions during sequence

planning encodes the temporal structure of the upcoming sequence.

In order to investigate the nature of sequence preparation and its relation to

subsequent performance, we have developed a behavioural paradigm to capture the

preparatory state of each item during planning of a well-learned sequence. Following

training, participants prepared a motor sequence from memory following an abstract

visual stimulus associated with a particular sequence of finger presses performed with

a particular temporal structure and speed. In half of the trials during the test phase,

the 'Go' cue was replaced by a finger press cue probing presses occurring at different

positions of the sequence. We used reaction time (RT) and finger press accuracy to

these 'probes' to compute as measures of the relative activation of planned actions

during sequence planning.

We hypothesized that if competitive queuing primarily reflected the accuracy of

the sequence plan, we would on average observe an enhancement of the CQ gradient

with longer preparation time, as well as a correlation of the gradient with measures of

sequence fluency and skill, specifically more rapid sequence initiation of correct

sequences after the 'Go' cue, more accurate timing and fewer finger press errors. If,

however, the gradient reflected the temporal structure – the speed and temporal

grouping of the sequence, we should see that it is less pronounced for sequences

twice as fast (speed manipulation), and shortened vs lengthened inter-press-intervals

(IPI; temporal structure manipulation), because the actions are closer together in time.

We find that the relative level of activation of probed actions at the end of the

planning period accords with their intended serial position. Contrary to the timing

hypothesis, we found no reliable association with speed or temporal structure of the

sequences. In contrast, we report that the corresponding CQ gradient is enhanced

with longer preparation time, and is correlated with faster initiation of correct

sequences and better temporal accuracy. Our data suggests that the competitive

queuing gradient during planning primarily encodes the intended order of actions and

the accuracy of a sequence plan, and not its overall speed or temporal structure.

Based on this data, we propose a computational model that explains how the width of

purely positional tuning could act on the relative activation state of actions during

sequence planning independently of timing to enable accurate and fluent sequence

performance.

Preparation
        500/1000/1500 ms

Figure 1 | Experimental conditions. a. Participants were trained to produce 4-element finger sequences following a *Go* cue from memory. Each finger sequence or timing corresponded to a unique abstract visual *Sequence* cue presented up to 1500 ms before the *Go* cue (Preparation period). Experiment 1 cued the production of sequences with two different finger press orders. Here we manipulated the duration of the Preparation period (500, 1000 or 1500 ms). Experiments 2 and 3 had a fixed preparation duration of 1500 ms, but *Sequence* cues prompted the production of sequences with a different temporal structure (slow, fast and irregular). Participants received visual feedback in each trial on the accuracy of the press order and their timing, and received points based on press accuracy, temporal accuracy and initiation time (cf. Methods section). **b**. In all experiments, we introduced *Probe* trials, in which following the preparation period the *Go* cue was replaced with a *Probe* cue prompting a particular finger digit to be pressed, corresponding to each sequence position or control (thumb, which did not feature in any sequence production). This condition was used to obtain the reaction time (RT) and error rate for each position at the end of the preparation period. They received points for accurate production and fast RTs.

Results

Finger press accuracy in sequences produced from memory was matched across conditions

Across three experiments, participants were trained for two days to associate two or three abstract visual cues with a particular four-element finger sequence performed with a particular temporal structure (Timing: slow, fast or irregular) following a brief preparation period (Delay between *Sequence* and *Go* cue onsets: short / 500ms, intermediate / 1000 ms and long / 1500 ms). In the test phase on the third day, they produced the respective sequences entirely from memory (Figure 1, all panels).

The finger error rate in sequence production from memory was higher in Experiment 1 than in Experiments 2 and 3. This is likely due to Experiment 1 involving the production of two different finger sequences produced with the same timing, and Experiments 2 and 3 involving the production of one finger sequence with different timings. The mean occurrence of finger errors, as indicated by either incorrect finger order or incomplete sequences, ranged from 0% to 26.6% in the short (M = 5.6%, SD = 6.9), 0% to 21.9% in the intermediate (M = 5.7% SD = 6), and from 0% to 15.6% in the long Delay condition (M = 4.6%, SD = 4.5) in Experiment 1. In Experiment 2, finger error rate varied between 0% and 5.5% at the slow timing (M = 2.2%, SD = 2.1), between 0% and 8.5% at the fast timing (M = 2.2%, SD = 2.5), and between 0% and 7% at the irregular timing (M = 2.3%, SD = 2.7). Error performance in Experiment 3 showed a rate between 0% and 13.3% at the slow timing (M = 2.6%, SD = 3.4), between 0% and 7.5% at the fast timing (M = 2.8%, SD = 2.5), and between 0% and 9.2% at the irregular timing (M = 2.4%, SD = 2.6).

Neither Delay (Experiment 1, $F_{(2, 36)}$ = .993, p = .451, ηp^2 = .052) between the *Sequence* and the *Go* cue, nor the sequence Timing condition affected finger press accuracy during sequence production (Experiment 2, $F_{(2, 34)}$ = .006, p = .994, ηp^2 = .000; Experiment 3, $F_{(1.458, 24.787)}$ = .249, p = .711, ηp^2 = .014, Greenhouse-Geisser corrected, $\chi^2_{(2)}$ = 7.436, p = .024, Figure 2c). This means that participants learned and prepared the finger order of all target sequences with the same finger accuracy, regardless of the preparation time or the temporal structure of the planned sequence.

Participants produced sequences from memory with correct relative
timing

When producing the sequences from memory during the test phase,
participants had a general tendency to produce faster versions of the finger press
sequences (Figure 2a), similar to the effects found in previous work [18]. The produced
sequence duration was shorter than the target duration by 28.4% (SD = 10.7%), 38.6%
(SD = 20.6%) and 46.2% (SD = 17.4%) in Experiment 1, 2 and 3, respectively (Figure
2a). However, the goal of our experimental design was to train participants to either
retain or to modulate the *relative* timing across conditions according to the target
relative IPIs, respectively (Figure 2b). Importantly, the majority of participants
produced the sequences with the correct relative timing across conditions – on
average the same temporal structure (slow) across preparation durations in
Experiment1, and three different temporal structures (slow, fast, irregular) in
Experiments 2 and 3 (Figure 2b).

Figure 2 | Sequence production. a. Individual participants' raster plots show the timing of single button presses for each correct sequence trial produced from memory after the *Go* cue (t = 0) following training (target timing superimposed, grey lines). The colour code of the button presses corresponds to the

press position in Figures 1 and 5. Within each condition, trials are ordered from most accurate to least accurate with regard to target onset (colour coding for conditions, cf. side bars in first participant panels, respectively). **b.** On average IPI production followed the target IPI structure, with a slow, twice as fast and an irregular sequence. IPIs were normalized across trials relative to slow isochronous condition. Preparation duration did not modulate IPI production of slow sequences, in contrast to the timing conditions. Error bars represent standard errors. **c.** Sequence initiation RT (*Go* cue to first press latency) decreased with preparation time (foreperiod effect). Relative temporal error was elevated for the irregular sequence in both experiments 2 and 3, in which it occurred. There was no effect of any of the conditions on finger press error rate, defined as proportion of incorrect trials. | * P ≤ 0.05 | ** P ≤ 0.01 | *** P ≤ 0.001.

181   Despite a largely overlapping sequence timing across preparation durations in

182 Experiment 1 (Figure 2b, left), we found a small, but significant IPI × Delay interaction

183 (3×3 repeated measures ANOVA: $F(4, 72) = 2.528$, $p = .048$, $\eta p^2 = .123$) explained by

184 a modulation of 9 ms. Post-hoc comparisons (Bonferroni-corrected for nine tests)

185 revealed a significant shortening of the 1st interval in the short ($p = .002$) and in the

186 intermediate delay ($p = .002$) compared to the long delay conditions. Additionally, the

187 3rd interval was larger in the long delay than at the intermediate delay ($p = .004$). This

188 shows that there was a tendency to slightly compress the 1st interval with shorter

189 preparation time and slightly expand the 3rd interval with longer preparation time.

190 However, the size of this temporal modulation in Experiment 1 was 97% smaller than

191 the temporal structure modulation induced in Experiments 2 and 3. Any potential

192 sequence timing effect on CQ activation of actions during preparation should thus be

193 vastly augmented in Experiments 2 and 3.

194   As expected, Experiment 2 showed a significant IPI × Timing interaction (3×3

195 repeated measures ANOVA: $F(1.260, 21.417) = 59.485$, $p < .001$, $\eta p^2 = .778$,

196 Greenhouse-Geisser corrected, $\chi^2(9) = 97.832$, $p < .001$). The pairwise comparisons

197 (Bonferroni-corrected for nine tests) of the produced intervals confirmed that the

198 participants modulated their relative interval production according to the trained target

199 interval structure. In accordance with the target sequence, in the slow timing condition

200 the 1st interval was significantly longer than in the fast ($p < .001$) and the irregular

201 timing conditions ($p < .001$), while there was no difference between the fast and

202 irregular conditions ($p = 1.000$) for the latter. The 2nd interval length increased slightly,

203 yet proportionally for both the slow and the fast conditions, retaining the significant

204 difference ($p < .001$) and doubled in length for irregular relative to the slow timing

205 condition ($p < .001$). Finally, the 3rd interval exhibited a very similar profile to the 1st

206 interval (slow *vs* fast, $p < .001$; slow *vs* irregular, $p < .001$), but showed a slightly lower

207 percent interval for the fast compared to the irregular conditions ($p = .027$). Overall,

the IPI production data shows that the fast sequence was on average half as long as
the slow sequence, and the irregular timing condition changed the relative interval
structure from regular slow to an irregular short–long–short pattern of the same
sequence duration. Experiment 3 replicated the findings of Experiment 2 showing a
significant IPI × Timing interaction (3×3 repeated measures ANOVA: F (1.558, 26.485)
= 17.369, p < .001, ηp^2 = .505, Greenhouse-Geisser corrected, $\chi2$ (9) = 61.311, p
< .001). Again, post-hoc pairwise comparisons (Bonferroni-corrected for nine tests)
confirmed that the 1st interval of the slow condition was longer than that of the fast
(p = .001) and irregular (p = .003) conditions, while no difference was found between
fast and irregular conditions (p = 1.000). The 2nd interval was significantly longer in the
slow compared to the fast condition (p = .001), but shorter compared to the irregular
condition (p = .005). Similarly, the fast condition was half as long in the irregular
condition (p < .001). The 3rd interval was twice as long for the slow relative to the fast
condition (p < .001), but failed to show a significant shortening for the irregular relative
to the regular slow sequence conditions (p = 1.000), and there was only a marginally
significant difference between fast and irregular conditions (p = .096). Overall, our
findings demonstrate that, on average, participants retrieved and produced the finger
sequences form memory with distinct temporal structures according to the relative
timing of slow, fast and irregular target intervals.
Longer preparation duration speeds up sequence initiation
The time to initiate a correct action sequence after the *Go* cue can be taken as
a marker of the state of action planning after the preparatory delay [3,19,20]. We found
a significant difference in mean initiation RT with Delay (Experiment 1, one-way
repeated measures ANOVA: F (1.382, 24.877) = 52.809, p < .001, ηp^2 = .746,
Greenhouse-Geisser corrected, χ^2 (2) = 10.074, p = .006) (Figure 2c, left). Pairwise
comparisons (Bonferroni-corrected for three tests) confirmed that initiation time for the
intermediate and long delay conditions was significantly shorter than following the
short delay (intermediate *vs* short delay, p < .001; long *vs* short delay, p < .001).
Similarly, sequence initiation following a long delay performed at significantly faster
mean RT as compared to the intermediate delay period (p = .005). Notably, this effect
is also in line with the classic foreperiod effect identified for single actions showing
faster RTs for longer foreperiod durations [21,22] suggesting that temporal expectation

of the *Go* cue may also contribute to faster sequence initiation in addition to the state
of sequence planning.

In contrast to the effect of preparation time, the planned temporal structure of
the sequence did not consistently affect sequence initiation RT (Figure 2c, left). There
was no main effect of sequence Timing in Experiment 2 (one-way repeated measures
ANOVA: F (1.407, 23.917) = 1.700, p = .207, ηp^2 = .091, Greenhouse-Geisser
corrected, χ^2 (2) = 8.759, p = .013), but a main effect of Timing in Experiment 3 (one-
way repeated measures ANOVA: F (1.294, 21.993) = 11.590, p = .001, ηp^2 = .405,
Greenhouse-Geisser corrected, χ^2 (2) = 12.632, p = .002). Specifically, as explained
by pairwise comparisons (Bonferroni-corrected for three tests), participants in
Experiment 3 were slower at initiating a slow regular sequence when compared to a
fast regular sequence (p = .006) and an irregular sequence (p = .010) whilst there was
no difference in initiation RT between the fast regular and the irregular conditions (p
= .118).

Sequences involving irregular inter-press-intervals were produced with
less accurate timing

Next, we aimed to establish whether preparation time and the temporal interval
structure of sequences modulated the observed relative timing accuracy across
presses (Figure 2c, middle). In Experiment 1, the mean relative temporal error did not
differ across the three delay conditions (one-way repeated measures ANOVA: F (2, 36)
= .105, p = .901, ηp^2 = .006). This indicates that time to prepare the sequence did not
affect the degree of relative temporal accuracy. Here, sequence accuracy in conditions
with a shorter preparation time might have been compensated by slower initiation RT
(cf. above). In Experiment 2, there was a significant effect of Timing (one-way repeated
measures ANOVA: F (2, 34) = 28.226, p < .001, ηp^2 = .624). Pairwise comparisons
(Bonferroni-corrected for three tests) revealed that participants performed at a higher
relative temporal accuracy when producing a slow regular sequence compared to an
irregular (p < .001) and a fast regular compared to an irregular sequence (p < .001),
while there was no difference between the slow and fast regular conditions (p = 1.000).
Experiment 3 replicated the main effect of Timing (one-way repeated measures
ANOVA: F (1.454, 24.723) = 7.060, p = .007, ηp^2 = .293, Greenhouse-Geisser
corrected, χ^2 (2) = 7.527, p = .023). In line with the findings of Experiment 2, there
were smaller temporal errors in the slow sequence condition compared to the irregular

condition (p = .049) and in the fast compared to the irregular sequence (p =. 008).
There was no significant difference in temporal performance between the two regular
conditions (p = 1.000). These results suggest that the production of sequences which
consist of several different IPIs (irregular sequence) as opposed to only one interval
length (isochronous/regular sequence) is associated with decreases in temporal
accuracy of the sequence.
Action probes show graded activation of sequence elements at the end of
preparation and are modulated by preparation duration, not sequence timing
In half of the trials in the test phase on Day 3, instead of the *Go* cue that
prompted the production of the prepared finger sequence, participants encountered a
visual *Probe* cue which instructed them to respond with the corresponding finger press
as quickly and accurately as possible (Figure 1b). This allowed us to obtain two
behavioural measures related to the competitive state of each constituent press at the
end of the preparation period – the relative action activation and the probability of
correct action selection – for each action in the sequence, respectively. Specifically,
lower RT would suggest higher activation of the correctly selected action and lower
press error rate a higher probability of selection, and thus availability of the associated
action.
Reaction times. To evaluate the relative activation state of the probed actions
associated with different sequence positions (Figure 3a), we normalized the RT of
each probe position relative to the RT of the first position of the prepared sequence
(RT increase in % relative to 1st position; cf. Supplementary Figure 1a for raw RT
values). In Experiment 1, results showed a main effect of Position (F (1,615, 29.062)
= 45.958, p < .001, ηp^2 = .719, Greenhouse-Geisser corrected, $\chi 2$ (5) = 22.621, p
< .001). Planned contrasts to detect differences between adjacent positions revealed
a significant RT increase with each position compared to its preceding one (2nd *vs* 1st
position, F (1, 18) = 63.360, p < .001, ηp^2 = .779; 3rd *vs* 2nd position, F (1, 18) = 54.534,
p < .001, ηp^2 = .752; 4th *vs* 3rd position, F (1, 18) = 24.900, p < .001, ηp^2 = .580). In line
with our hypothesis, these differences indicate a graded activation of actions according
to their serial position in the sequence, with the first action being the most activated.
We also found a significant Position × Delay interaction (F (6, 108) = 2.980, p = .010,
ηp^2 = .142). Planned contrasts using the long preparation duration as the reference
condition for the Delay factor, showed a significantly greater increase of the 2nd

position relative to the 1st position at the long *vs* the short delay (F (1, 18) = 7.349, p

= .014, ηp^2 = .290). These results suggest that a longer preparation time prior to

sequence execution boosted the competitive activation of actions.

Figure 3 | Competitive state of actions during sequence preparation. *Probe* trials prompting the production of an action associated with the 1st-4th press position of the prepared sequence or a control action not present in any sequence (Experiment 3). **a.** Reaction time (RT) gradually increased for later sequence positions relative to the first position and became more pronounced with longer preparation duration, with responses to actions in later sequence positions becoming slower on average, when participants had more time to prepare the sequence (Experiment 1). No significant changes to RT increase were observed between conditions in which participants prepared sequences performed with different timing (Experiment 2 and 3). The RT increase was most pronounced for the action not featuring in the planned sequence (control action was a thumb press; Experiment 3), cf. raw RT graphs in Supplementary Figure 1. **b.** Press error rate also increased gradually for later sequence positions relative to the first position, with the exception of the last position, thus approaching an inverted U-shape. The press error gradient became more pronounced with longer preparation duration, i.e. responses to probes associated with later positions became less accurate when participants had more time to prepare the cued sequence. **c.** This pronounced effect on error increase was driven by trials where the response to action probes was short (lower RT quartile). When participants slowed down

their response allowing more time for deliberation and correction (upper RT quartile), the characteristic error increase was absent or less pronounced. Error bars represent standard errors.

In Experiment 2, we replicated the main effect of Position ($F_{(2.230, 37.904)}$ =
25.131, $p < .001$, $\eta p^2 = .596$, Greenhouse-Geisser corrected, $\chi^2_{(5)} = 15.333$, p
$= .009$). Planned contrasts showed significant differences when contrasting all pairs of
adjacent probe positions replicating the findings of Experiment 1. Specifically, RT
increase of the 2nd position was larger compared to the 1st ($F_{(1, 17)} = 48.072$, $p < .001$,
$\eta p^2 = .739$). Similarly, there was a significantly greater RT increase for the 3rd position
vs the 2nd ($F_{(1, 17)} = 32.040$, $p = .001$, $\eta p^2 = .653$) and the 4th vs the 3rd ($F_{(1, 17)} =$
28.873, $p < .001$, $\eta p^2 = .629$). Crucially, there was no interaction between Position and
Timing ($F_{(2.430, 41.318)} = 2.823$, $p = .061$, $\eta p^2 = .142$, Greenhouse-Geisser
corrected, $\chi^2_{(20)} = 59.308$, $p < .001$). This suggests that preparing a sequence with a
different temporal structure did not impact the competitively cued activations at the
end of preparation.

Experiment 3 once more replicated a main effect of Position ($F_{(3, 51)} =$
29.852, $p < .001$, $\eta p^2 = .637$). Planned contrasts, similarly, revealed a significantly
greater RT increase for the 2nd, 3rd and 4th positions over their preceding 1st, 2nd and
3rd positions, respectively (2nd vs 1st, $F_{(1, 17)} = 61.485$, $p < .001$, $\eta p^2 = .783$; 3rd vs
2nd, $F_{(1, 17)} = 69.762$, $p < .001$, $\eta p^2 = .804$; $F_{(1, 17)} = 14.180$, $p = .002$, $\eta p^2 = .455$).
In addition, the finger press which did not feature in any of the planned sequences
(control action: thumb) showed a further RT increase relative to the last (4th position)
item of the sequence (paired samples t-test: $t_{(17)} = 3.062$, $p = .007$, $d = .840$, two-
tailed). Timing did not interact with Position ($F_{(3.743, 63.632)} = 1.089$, $p = .367$,
$\eta p^2 = .060$, Greenhouse-Geisser corrected, $\chi^2_{(20)} = 36.727$, $p = .014$). This result
replicates Experiment 2. Thus, CQ during sequence preparation was not dependent
upon the speed or temporal structure of the planned sequences, and suggests that
fine grained competitive activation gradient of constituent actions of a sequence is
activated above the level of an unrelated effector.

Error rate. To evaluate the relative probability of selection of the probed actions
associated with different sequence positions (Figure 3b), in each experiment the finger
error rate for each probe action was calculated and normalized to that of the first
position (Error rate increase in % relative to 1st position; cf. Supplementary Figure 1b
for raw error rate values). Equally, we assessed the same factors, predicting an

ascending error rate increase by position. Experiment 1 showed a main effect of
Position (4 × 3 repeated measures ANOVA: F (1,948, 35.073) =
18.017, $p < .001$, $\eta p^2 = .500$, Greenhouse-Geisser corrected, χ^2 (5) = 13.595, $p = .019$).
Planned contrasts revealed a significantly increased error rate for the 2nd position
compared to the 1st position (F (1, 18) = 29.675, $p < .001$, $\eta p^2 = .622$) and for the 3rd
position compared to the 2nd position (F (1, 18) = 25.937, $p < .001$, $\eta p^2 = .590$), whilst
the last, 4th position showed a lower error increase than the 3rd position (F (1, 18) =
5.092, $p = .037$, $\eta p^2 = .220$). This error rate pattern during preparation shows an
inverted U-shape, similar to serial position curves during production [23] and suggests
the presence of a ranked probability across sequence positions for action selection.
The Position × Delay interaction (F (4.137, 74.466) = 3.813, $p = .007$, $\eta p^2 = .175$,
Greenhouse-Geisser corrected, χ^2 (20) = 34.036, $p = .028$) was driven by a significant
increase of the 2nd position compared to 1st position at the long vs the short delay (F
(1, 18) = 10.877, $p = .004$, $\eta p^2 = .377$) as revealed by planned contrasts. No other
pairs showed a significant difference. In accordance with the RT results, these findings
suggest that accuracy of probe elements during sequence planning is modulated by
preparation, in that a longer preparation time is associated with more pronounced error
increases for the 2nd position when compared to a short preparation period, suggesting
less availability for selection of actions in later positions the more sequence planning
advances.
Experiment 2 showed a significant main effect of Position (F (3, 51) =
14.397, $p < .001$, $\eta p^2 = .459$). Planned contrasts revealed that this effect was driven
by a significant error rate increase for the 2nd position vs the 1st position (F (1, 17) =
24.070, $p < .001$, $\eta p^2 = .586$). The 3rd position performed at a greater error increase
than the 2nd position (F (1, 17) = 15.510, $p = .001$, $\eta p^2 = .477$), whilst the 4th position
was not significantly different from the 3rd position (F (1, 17) = 1.284, $p = .273$,
$\eta p^2 = .070$). These results replicate the CQ effect of serial actions during preparation,
found in Experiment 1, with a graded increase in error rates for later elements up to
the 3rd position. We did not find a significant Position × Timing interaction (F (6, 102)
= 1.583, $p = .160$, $\eta p^2 = .085$).
Similarly in Experiment 3, there was a main effect of Position (F (3, 51) =
13.725, $p < .001$, $\eta p^2 = .447$), with the 2nd position showing a greater error increase
than the 1st position (F (1, 17) = 29.074, $p < .001$, $\eta p^2 = .631$), and the 3rd position

performing with more errors than the 2nd position (F (1, 17) = 17.903, p = .001,
ηp^2 = .513). Error rates of the 4th position did not differ from the 3rd position (F (1, 17)
= 3.791, p = .068, ηp^2 = .182). Our prediction that the control action would not be part
of this queuing pattern, implying a much weaker probability to be selected for
execution, was refuted by a non-significant difference from the 4th position (paired
samples t-test: t (17) = -.323, p = .751, d = .111, two-tailed). As in Experiment 2,
Position did not interact with Timing (F (3.803, 64.654) = 1.869, p = .130, ηp^2 = .099,
Greenhouse-Geisser corrected, χ^2 (20) = 42.899, p = .002). Together, this indicates
that the competitive error rate for probed actions during preparation was not modulated
by the speed or temporal structure of the planned sequence.
Whilst there was no significant interaction of Timing and Position for action
probes during preparation (neither for RT, nor for error rate), we observed a non-
significant, but consistent flattening of the CQ curve for the temporally irregular
sequence across Experiments 2 and 3. However, this patterns of results cannot be
attributed to changes in temporal grouping of actions per se, but may be driven by
accuracy: The irregularly (non-isochronously) timed sequence was characterized by a
highly significant increase in relative temporal error when compared to both the slow
and fast regularly (isochronously) timed sequences (Figure 2b, Experiments 2 and 3)
due to the increased temporal complexity. This lends support to the alternative
hypothesis, namely that the precision of the sequence plan is driving the CQ state of
actions during the preparation period.
A steeper CQ error gradient is bound to fast responses
Next, we sought to determine whether the characteristic error rate gradients were the
result of automatic responses, or deliberated action selection after the *Probe* cue. To
test this hypothesis, we assessed the error rate gradient for fast *vs* slow responses
following the *Probe* cue. We extracted the relative error rate increases for action
probes in the first and third RT quartiles for each experiment (Figure 3c). Only for the
fast responses, we found a main effect of Position (Experiment 1, F (1.758, 31.650) =
19.731, p < .001, ηp^2 = .523, Greenhouse-Geisser corrected, χ^2 (5) = 17.279, p = .004;
Experiment 2, F (2.033, 34.559) = 16.325, p < .001, ηp^2 = .490, Greenhouse-Geisser
corrected, χ^2 (5) = 19.928, p = .001; Experiment 3, F (3, 51) =
12.749, p < .001, ηp^2 = .429). Planned contrasts for adjacent positions confirmed a
graded increase in finger errors up to the 3rd position (Experiment 1, 2nd position *vs* 1st

position, F (1, 18) = 26.954, p < .001, ηp^2 = .600; 3rd position vs 2nd position, F (1, 18)

= 35.745, p < .001, ηp^2 = .665; 4th position vs 3rd position, F (1, 18) = 2.347, p = .143,

ηp^2 = .115; Experiment 2, 2nd position vs 1st position, F (1, 17) = 27.138, p < .001,

ηp^2 = .615; 3rd position vs 2nd position, F (1, 17) = 15.222, p = .001, ηp^2 = .472; 4th

position vs 3rd position, F (1, 17) = 4.982, p = .039, ηp^2 = .227; Experiment 3, 2nd

position vs 1st position, F (1, 17) = 21.580, p < .001, ηp^2 = .559; 3rd position vs 2nd

position, F (1, 17) = 13.888, p = .002, ηp^2 = .450; 4th position vs 3rd position, F (1, 17)

= 1.845, p = .192, ηp^2 = .098). We also found a significant Position × Delay interaction

(Experiment 1, F (6, 108) = 4.003, p = .001, ηp^2 = .182), driven by a significant increase

of the 2nd position 1st position at the long vs the short delay (F (1, 18) = 18.132, p

< .001, ηp^2 = .502) and at the long vs the intermediate delay (F (1, 18) = 10.370, p

= .005, ηp^2 = .366). Error rate increases did not change by sequence position number

in the slow responses (Experiment 1, F (3, 54) = .313, p = .816, ηp^2 = .017; Experiment

2, F (3, 51) = .552, p = .649, ηp^2 = .031; Experiment 3, F (3, 51) =

1.672, p = .185, ηp^2 = .090), accompanied by an absent Position × Delay interaction

(Experiment 1, F (3.559, 64.058) = 1.302, p = .280, ηp^2 = .067, Greenhouse-Geisser

corrected, χ^2 (20) = 37.340, p = .012). The control action was not different from the 4th

position in either RT pole (fast RTs, t (17) = 1.654, p = .117, d = .473, two-tailed; slow

RTs, t (17) = .203, p = .842, d = .050, two-tailed). These results suggest that the CQ

gradient at the end of a preparation period of 500 to 1500 ms was driven by automatic

responses rather than by cognitive action selection and replanning, and constitute a

readout for the state of actions during sequence planning.

Preparatory CQ gradient correlates with temporal accuracy and initiation

speed

Neurally derived CQ of sequence actions during planning predicts the

participants' subsequent performance accuracy as shown previously[11]. In line with

this finding, we found that more time to prepare a sequence is associated with a more

pronounced competitive RT and error rate increase for action probes. To test the

association directly, we predicted that a more pronounced (steeper) CQ gradient of

RTs and error rates would correlate with a better performance in sequence production,

specifically with faster correct sequence initiation, and less temporal and finger press

errors. Correlation analyses were performed on group data obtained from trials in the

slow timing condition and long preparation duration (1500 ms) present across all three

experiments (N = 55). The magnitude of the CQ gradient during preparation was

calculated based on RT and error rate increase data in *Probe* trials (difference

between adjacent positions; Figure 4a and 4b). Results showed that participants with

a more pronounced CQ based on relative RT and error rate increase initiated correct

sequences faster (CQ RT increase: *r* = -.393, *p* = .002, one-tailed; CQ error increase:

r = -.539, *p* < .001, one-tailed). Higher RT based CQ also predicted smaller relative

temporal error (*r* = -.345, *p* = .005, one-tailed). However, in contrast to the correlations

with the neural measure of CQ reported in a previous study[11], neither CQ RT

increase, nor CQ error increase showed negative correlations with finger error (CQ RT

increase: *r* = .083, *p* = .273, one-tailed; CQ error increase: *r* = .118, p = .196, one-

tailed). Also, contrary to the CQ RT increase, a more pronounced CQ error increase

of probe actions at the end of preparation was not associated with reduced temporal

error during execution (*r* = -.051, p = .356, one-tailed). Thus, CQ error increase may

be a less sensitive predictor for temporal accuracy than CQ RT increase.

Figure 4 | Correlation between overall CQ measures during preparation and subsequent production. Average relative RT (**a**) and press error increase (**b**) between adjacent positions (1st to 2nd, 2nd to 3rd, 3rd to 4th) obtained through probe trials was taken as a proxy for CQ of actions during preparation. Larger CQ during preparation was associated with faster initiation speed of correct sequences, and smaller relative temporal errors. Larger CQ was not associated with reduced finger error rate (proportion of trials with wrong finger order, finger order repetitions, or missing presses), as predicted based on neural CQ findings of Kornysheva et al. [11]. All correlations are one-tailed, in line with one-sided predictions.

In sum, consistent with previous neurophysiological findings [11], our
behavioural results show that during sequence preparation of sequence from memory
participants establish a competitive activation and selection gradient of constituent
actions according to their serial order. This competitive gradient expands with longer
preparation durations and is more pronounced in participants with faster sequence
initiation and more precise interval timing.

Discussion

Sequence planning is central to skilled action control, however its content and
organisation is poorly understood[4,24]. Neurophysiological findings in humans have
demonstrated that a trained action sequence is pre-planned by establishing a
competitive activation gradient of action patterns according to their serial position, and
that the quality of this neural pattern during planning predicts subsequent performance
[11–14]. Here we have established a behavioural measure of the preparatory action
activation gradient and demonstrate that it reflects the skill (sequence production
accuracy and fluency of initiation), rather than the temporal structure (sequence
production speed and temporal interval pattern) of the planned sequence. Both the
time to respond and the probability of making a finger press mistake increased
progressively when participants responded to action cues during preparation that were
associated with later *vs* earlier positions in the respective sequence. The non-linear
increase was particularly pronounced for the first three out of four planned actions in
the sequence. This response gradient demonstrates that the relative availability of
each planned action in the sequence decreases with serial position, as predicted by
competitive queuing (CQ) models [6,7,25,26] and previous neurophysiological findings
[11,14].

The preparatory action activation gradient markedly contrasts with mechanisms
for non-sequential action planning involving multiple actions: A cued set of possible
actions triggers equal activity increase in cortical populations tuned to the respective
actions, and the preparatory competition is only resolved once an action cue specifies
the target action [27]. In contrast, sequence preparation establishes a fine-tuned
gradient of action activations, with the latter switching flexibly depending on the
retrieved sequence. Notably, actions that were part of the planned sequence were
activated above the level of a control action which was not part of the retrieved

sequence (Figure 3a, right). This suggests that all constituent actions were
concurrently activated above a passive baseline, albeit to a different degree depending
on their position in the planned sequence.

Our study provides a behavioural measure of the competitive state of
constituent actions during sequence planning. This is complementary to previous
behavioural work which revealed CQ of actions during production, such as accuracy
and RT curves obtained from sequence execution [28,29], or on-the-fly action planning
following sequence initiation, assessed behaviourally[30] and through measures of
cortico-spinal excitability [10]. Gilbert and colleagues have employed a paradigm at
the interface between sequence preparation and production to characterize the CQ
profiles the respective sequential actions – silent rehearsal [31]. Here participants
were asked to listen to sequences of spoken digits and silently rehearse the items
during a retention interval. They received explicit instructions to rehearse the
sequence at the same pace as active production. After an unpredictable delay, a tone
prompted the report of an item being rehearsed at that moment and revealed graded
overlapping probabilities of neighbouring items, suggesting potential CQ during
internal rehearsal. In contrast to the latter study, our paradigm did not allow for active
rehearsal during preparation: First, our participants retrieved the sequence entirely
from memory without a sensory instruction period which might have facilitated active
entrainment with the sequence prior to planning. Second, the period for sequence
retrieval and planning was comparatively brief (ranging from 500 to 1500 ms after
Sequence cue onset) and not sufficient to cycle through the full sequence at the rate
participants employed for active production. In addition, if the observed CQ gradient
were somehow driven by silent rehearsal at the target rate, it would have been more
pronounced for the fast sequences, as more of the planned sequence could fit into the
preparation phase. However, there was no significant difference between relative
activation curves for fast and slow sequences.

Whilst active motor rehearsal at scale during the short preparation phase is
unlikely, an alternative serial mechanism underlying the different levels of action
activation may be mediated by rapid sequence replay. The latter has been observed
in the hippocampus during navigation tasks [32] and perceptual sequence encoding
[33], as well as in the motor cortex in the context of motor sequence learning tasks
[34]. Replay has been shown to involve fast sweeps through the neural patterns

associated with the sequence during wakeful rest and planning (preplay) [32,35–37],

and is characterized by a multifold temporal sequence compression [33,34,38,39].

How replay could translate into a parallel activation of serial items described here is

uncertain. One possibility is that serial sweeps during motor sequence preparation

involve fast repeated replay fragments [38,40] of different length during planning,

starting with the first elements – e.g. 1st-2nd-3rd, 1st-2nd, 1st, 1st-2nd-3rd-4th, 1st-2nd etc.

This would produce an overall bias towards the activation of earlier rather than later

parts of the planned sequence, which may be translated into a cumulative ramping

activity for each constituent action by a separate neuronal mechanism during the

preparation period [27,41]. Future analysis of the 'sequenceness' [33,34] of the

corresponding neural patterns during preparation should shed light on the presence

of preplay and its hypothesized relationship to parallel CQ of actions [11].

The CQ gradient was established after a brief retrieval and preparation period,

and revealed through faster rather than slower responses to probes (Figure 3c). This

suggests that out behavioural measure of CQ during sequence planning reflects a

rapid and automatic process involved in the execution of well-trained motor sequences

from memory, and is not a result of slow deliberation or higher-level decision making.

Contrary to a prominent account of motor control of skill learning [42,43], this data

implies that discrete motor sequence production incorporates automatic planning

mechanisms which are associated with fluent and accurate execution of sequential

actions.

Remarkably, longer preparation times reinforced the competitive activation

gradient making responses to action probes for later sequence positions even slower

and more inaccurate relative to those for earlier positions. Whilst counterintuitive in the

context of single action performance gains from longer foreperiod durations [21], the

gradient expansion with time suggests a dynamic refinement of the plan for sequence

production during the retrieval and preparation phase. This refinement involves the

graded suppression of later actions in the sequence, making them less available for

production, even more so with time. Crucially, the gradient increase with preparation

duration was not accompanied by substantial expansion or compression of sequence

production. Instead, the CQ gradient was associated with a faster initiation of correctly

performed sequences whilst retaining the same level of press and timing accuracy,

suggesting increased sequence fluency. This demonstrates that the action activation

gradient established during planning reflects the preparedness for correct and fluent
production, rather than the planned temporal structure of the sequence.

Furthermore, participants who had a more pronounced competitive activation
during planning exhibited both faster initiation times and a more accurate temporal
execution of the sequence after the "Go" cue, particularly when looking at the RT
based CQ gradient. These findings strengthen the interpretation that an ordered
competitive activation of actions during planning preempts subsequent fluency and
temporal accuracy of the sequence [11]. Yet, we did not replicate the association of
the planning gradient with finger error probability found in the latter study. This may be
due to a smaller pool of timing and finger order sequences that the participants had to
learn relative to the previous paradigm, and the presence of only one finger order (but
different sequence timing) in Experiments 2 and 3. This likely facilitated finger
accuracy to reach ceiling levels in a substantial number of participants. Future
experiments should resolve an association with finger accuracy through the inclusion
of a larger pool of trained sequences to provoke more frequent finger errors.
Alternatively, reaching or drawing tasks would allow to make the spatial in addition to
temporal feature of the sequential behaviour continuous and capture fine-grained
spatial errors at overall high accuracy levels of sequence production.

In contrast, doubling the speed of sequence production did not change the
relative activation between sequential actions at the end of the preparation period.
This suggests invariance of the gradient in the competitive planning layer across
sequences produced at different time scales. This transfer across speed profiles is in
line with the presence of flexible motor timing and temporal scaling in dynamic
neuronal populations [44,45], and a separate neural process controlling the speed of
an action or action sequence during execution, e.g. through the strength of an external
input to the network involved in the generation of timed behavior [44]. Preparing a
sequence of the same length with an irregular compared to isochronous interval
structure was associated with a tendency for a dampened CQ gradient during
sequence planning. However, this non-significant trend on CQ is unlikely to be the
effect of temporal grouping, as the irregular interval sequence was characterized by a
significant increase in temporal interval production error (Figure 2c, middle panel).
Instead, we hypothesize that longer preparation time (above 1500 ms) would have
benefitted the participants and enhanced the relative activation gradient in line with

Experiment 1 in order to form a more accurate plan for the complex sequencing of two
different (non-isochronous) rather than just one constituent IPI (isochronous).
Our results show that CQ of actions during sequence planning reflects the
overall action order and temporal accuracy of the sequence, but not its temporal
structure – neither its speed, nor its temporal grouping. This dissociation is
counterintuitive, however, we propose that temporal accuracy can be dissociated from
timing in CQ models. In our model (Figure 5 and Methods), we assume that positional
associations of the items in the sequence (positional context and parallel planning
layer) are determined by the respective sequence cue, and the corresponding start-
state of the cued sequence becomes gradually activated. Crucially, we show that
changing the width of the receptive field for each position (Figure 5a) affects the
activation gradient of action items during sequence planning (Figure 5b). Specifically,
our model demonstrates that narrowing this positional tuning will cause a steeper
relative activation gradient at the end of sequence preparation, with actions in later
positions being progressively less activated. Conversely, wider tuning, would broaden
the excitation from the positional context to parallel planning layer and lead to smaller
relative activation differences between actions at the end of the planning period.
Notably, while the positional tuning in CQ models is hypothesized to be acquired
through exposure (Hebbian learning) [46], we assume that it is dynamically
established throughout the preparation period (cf. Methods section). Thus, the width
of the positional tuning of individual actions in the parallel planning layer may underly
the accuracy of actions, independently of the overall speed and temporal structure of
sequences.

Figure 5 | Competitive queuing (CQ) model and the role of positional tuning in sequence preparation. a. The Parallel planning and Competitive choice layers of the CQ model contain nodes representing possible sequence items, such as finger presses A, B, C and D. When learning a sequence, connections are formed from sequentially activated nodes in the Positional context layer to item nodes in the Parallel planning layer as each is activated in turn. Crucially, the current model incorporates a positional tuning of the nodes. The receptive field of this positional tuning has a tuning (variance) parameter σ, controlling the model's sensitivity to positional differences. This tuning curve may be acquired though training (variability of instructive stimulus and training exposure), as well as reflect an intrinsic variability of each participant (sensory or motor variability). **b.** The tuning width of the receptive field determines, inversely, the spread of the competitive activations of corresponding action items following the *Sequence* cue, with a narrow or sharper tuning producing more pronounced CQ during preparation. Time steps represent linear arbitrary values.

Although our empirical data and CQ model do not support the integration of the
timing signal with action order before sequence execution, they do not exclude the
presence of a separate preparation process for the speed and timing of the respective
sequence, which may take place concurrently or at different time points during
preparation [47–49]. In previous work, we proposed a drift-diffusion based model
which contains input from separate modules that activate action order and timing.[50]
This model was based on behavioural sequence learning data demonstrating that
sequence timing is encoded independently of the action order, but requires
multiplicative, rather than additive integration with each action. This enables previously
learnt sequence timing to be transferred to new sequences, but only after the action
order has been acquired, reconciling previous experimental findings [51–55]. Most
recently Zeid and Bullock proposed how such plans might be generated in the context
of CQ models [52], proposing that two CQ modules could operate in parallel - one

controlling the item order and the other controlling the sequence of inter-onset-
intervals that define a rhythmic pattern, including separate parallel planning and
competitive choice layers. While this model is in line with neurophysiological and
imaging evidence for a separate control of timing for sequence generation [51,56–60],
empirical data for a dedicated CQ process for temporal intervals is lacking.

Conclusions

In sum, our findings indicate that the graded relative activation state during a
brief period of retrieval and planning reflects the subsequent action order and
correlates with the individual's sequence fluency and accuracy. It appears to be
invariant to the exact timing of the sequence, but is instead bound to the precision of
the positional tuning. In contrast to neurophysiological approaches involving advanced
neural pattern analysis [11,14], a simple behavioural paradigm could provide a
straightforward and cost-effective proxy to assess the state of action preparation
across trials in individual participants. This behavioural readout may help advance our
understanding of the neural processes associated with disorders affecting the fluent
production motor sequences, such as stuttering, dyspraxia, and task-dependent
dystonia [61–65].

Methods

Participants

Data were collected from a total of 55 right-handed University students
(Experiment 1: N = 19, 11 females; M = 24.2 years, SD = 4.1; Experiment 2: N=18, 11
females; M = 24.2 years, SD = 4.5; Experiment 3: N = 18, 9 females; M = 20.8 years,
SD = 2.4). Four additional participants were tested, but excluded from analysis based
on their sequence production error rate (cf. Participant exclusion criteria). They were
hypothesis-naive and had no previous exposure in performing a similar experimental
task. All participants had normal or corrected-to-normal vision and reported no history
of neurological or psychiatric disorders or hearing problems. Handedness was
evaluated through the online Handedness Questionnaire
(http://www.brainmapping.org/shared/Edinburgh.php) adapted from the Edinburgh
Handedness Inventory [66] (Experiment 1, M = 88.4, SD = 9.4; Experiment 2, M = 90.6,
SD = 9.7; Experiment 3, M = 90, SD = 11.8). All participants provided written informed
consent before participation and were debriefed after completing the study. They were

compensated either monetarily or with course credits at the end of the experiment. All

procedures were approved by the Bangor University School of Psychology Research

Ethics Committee (Ethics Review Board Approval Code 2017-16100-A14320).

Participant exclusion criteria

Mean finger and temporal interval error rate during sequence production in the

test phase (Day 3) above three standard deviations of the group mean performance

was considered as outlier performance, in each experiment separately. This was to

ensure that participants reached a comparable skill level in sequence performance

from memory and to have sufficient number of trials for RT analysis per participant,

which included correct trials only. We set this blindly to the individual *Probe* trial

performance to ensure that data exclusion was independent of the data analysed to

to test our main hypotheses. This resulted in the exclusion of data from one participant

in Experiment 1 who showed 53.1% finger error in the short delay, 54.7% in the

intermediate delay and 53.9% in the long preparation duration conditions. Two

participants' data sets were removed from Experiment 2, one with 25% finger error in

the slow timing and 18.8% in the irregular timing conditions, and the other with 44.5%

in the fast timing conditions. The data of one participant was excluded from Experiment

3 due to 12.5% finger error in the fast timing condition. No outlier performance was

found for temporal interval production in any condition of each experiment according

to the above criteria. Overall, the data of 19 participants were analyzed for Experiment

1, 18 participants for Experiment 2, and 18 participants for Experiment 3.

Apparatus

For all three experiments participants were seated in a quiet room in front of a

19-inch LCD monitor (LG Flatron L1953HR, 1280 x 1024 pixels, refresh rate 60Hz),

wearing headphones for noise isolation. All instructions about when each block began,

visual stimuli and feedback were controlled by Cogent 2000 (v1.29)

(http://www.vislab.ucl.ac.uk/cogent.php) through a custom-written MATLAB program

(v9.2 R2017a, The MathWorks, Inc., Natick, Massachusetts, United States) and

projected on to the LCD screen with inter-stimulus-intervals calculated in refresh rates

to ensure precise stimulus timing. In Experiments 1 and 2, a customized foam channel

was attached to the outer-half surface of the table to stabilize the cable of a Pyka 5-

button fiber optic response device (Current Designs). A thin anti-slip black mat was

placed underneath the response device to prevent sliding during the task. The

response device was positioned horizontally and adjusted accordingly for each

participant to ensure good control over the target buttons as well as arm and wrist

comfort. Participants were instructed to place the right index, middle, ring and little

fingers on the respective target buttons of the device. Experiment 3 used an identical

experimental set-up with the exception that responses were recorded using a

computer keyboard and participants were instructed to place their right thumb in

addition to the rest of the right-hand fingers on the designated keyboard keys. For

hand stabilization and comfort their wrist was positioned on a wrist rest.

Behavioural task and design

In Experiments 1 and 2, the task involved the recording of sequential and single

button presses produced with the four fingers (index, middle, ring and little) of the right

hand on a response device while performing a visually cued motor learning task

adapted from Kornysheva et al. [11]. Experiment 3 additionally required single presses

with the thumb. Participants were trained to associate a visual cue (an abstract fractal

shape, henceforth *Sequence* cue) with a specific a four-element finger sequence

produced with a specific timing. In all experiments, the paradigm employed two main

trial types: sequence and single-press (*Probe*) trials. *Sequence* trials were further

divided into visually instructed and memory-guided trials. Instructed trials involved the

presentation of four visual digit cues (index, middle, ring and little) at specified intervals

comprising a unique target sequence. These were only used during training in the first

two days, and during two refresher blocks on the third day. The test phase on the third

day only involved sequence production without visual guidance (memory-guided trials,

Supplementary Figure 3). *Probe* trials involved the production of only one visual digit

cue (*Probe* cue) corresponding to one of the serial positions in the target sequence

(Figure 1b).

Experiment 1. All participants were trained in producing two four-element target

sequences comprising two different finger order types (F1, F2) with isochronous

temporal intervals of 800 ms between presses (T1). Two additional finger order types

(F3, F4) of the same temporal sequence (T1) served as practice sequences to impose

familiarization with the task. Four additional finger order types (F5, F6, F7, F8) with

isochronous intervals of 800 ms (T1) were used to evaluate sequence-specific learning

in a visually cued task alongside the target sequences, immediately before and after

the training phase. The data from this control task is not presented here, as the current

work evaluates the preparation and performance during trials involving production
from memory. As a result, the experiment employed a total of eight unique *Sequence*
cues associated with eight finger sequences. The sequences were randomly
generated offline through a custom-written MATLAB code for each participant.
Specifically, the sequence generation process produced sequences for each
participant randomly excluding sequences with ascending and descending digit triplets.
The trained sequences started with different digits.

All trial types started with a *Sequence* cue. The *Sequence* cue had a fixed
duration of 400ms followed by a fixation cross, the latency of which varied depending
on the delay period from *Sequence* cue onset to *Go* cue. The resultant short (500 ms),
intermediate (1000 ms), and long (1500 ms) delay periods following the *Sequence* cue
comprised the three preparation duration conditions employed in the task. After the
delay period, a black hand stimulus appeared as the *Go* cue. In an instructed trial, the
Go cue was presented on a grey background for 2400 ms, guiding the participants
throughout the execution of the sequence by sequentially displaying a small white
circle on the digits of the hand stimulus. This acted as a visual digit cue appearing
sequentially on each of the four digits, with the time intervals between the digit cues
forming the target temporal structure of the sequence (T1) and defining its duration of
2400 ms. To achieve finger and temporal accuracy during training, participants were
asked to press the correct target buttons in synchrony with the digit cues until the
completion of the sequence, with the aim to progress towards synchronization with the
target timing. As the first digit cue of a sequence appeared at the same time as the *Go*
cue, immediate initiation of the sequence was emphasized in the instructions.

In memory-guided trials, a green rectangle was used as a background for the
Go cue, remaining on the screen for 2400 ms. Memory-guided trials featured the *Go*
cue without the appearance of digit cues, requiring participants to produce the
upcoming target sequence from memory. In these trials, participants were instructed
to initiate the sequence as quickly as possible and produce the sequence according
to its target finger and temporal structure (i.e. F1T1, F2T1).

In probe trials, the *Go* cue was displayed for 1000 ms on a grey background
with a digit cue presented on one digit (*Probe* cue), prompting a single press of the
corresponding target button. Here, the instructions were to respond to the *Probe* cue

as fast and accurately as possible. Participants were encouraged to avoid premature

responses (before the *Go* cue) in all trial types.

Following the *Go* cue, a fixation cross (1000 ms) and, subsequently, feedback

(1000 ms) were presented on the screen. The duration of a sequence trial including

feedback was 5.4 s, while a probe trial had a duration of 4 s. The inter-trial-interval (ITI)

was fixed at 800 ms. The experiment consisted of two 90min long training (Days 1 and

2) and a test (Day 3) sessions taking place over three consecutive days. Day 1

commenced with a practice block which involved two instructed and two memory-

guided *Sequence* trials for each of the target finger sequences as well as two random

probe trials, all randomly combined with the three delays. Over the three days,

participants serially underwent a pre-training (2 blocks), a training (36 blocks), a post-

training (2 blocks) and a test phase (2 refresher training blocks + 16 test blocks)

completing a total of 58 blocks. Participants were naïve as to the structure of the

gradual transition from the training through to the testphase and which block type they

were administered. The pre- and post-training blocks consisted of 24 instructed trials

each; each block was 2.48 min long and contained randomized mixed repetitions of

the two target and four control sequences matched equally with the delay conditions.

The training phase was organized in three stages: 12 blocks of 288 instructed and 72

probe trials (stage A, 80% instructed and 20% probe trials in each block), 12 blocks of

144 instructed, 144 from memory and 72 probe trials (stage B, 40% for each sequence

type and 20% probe trials in each block), and 12 blocks of 288 memory-guided and

72 probe trials (stage C, 80% memory and 20% probe trials in each block). A training

block (3 min long) of either stage consisted of 30 trials. On each block there was a

stable 20% occurrence of probe trials (6 in each block) comprising a total of 216 probes

throughout the training blocks. Distribution of probe trials in this phase was determined

by the minimum number of trials possible, namely 24 (2 sequences × 3 delays × 4

probe digits), and the block repeats. Eventually each probe digit occurred 18 times in

each training stage. All 40 blocks were evenly assigned to the study sessions such

that from Day 1 through the end of Day 2 participants had completed the training and

the post-training synchronization task. The testphase (Day 3) started with two

refresher training blocks of mixed type and immediately progressed to 16 blocks of 48

trials each, in which 24 memory-guided and 24 probe trials were randomly presented.

Duration of a test block was 4.4 min. The two trained sequences used in the memory-

guided trials were matched to the three delay conditions with each combination being
repeated four times within the block. This gave a total of 128 memory-guided trials per
delay condition, across blocks. In probe trials, each probe digit was combined with the
three delay conditions resulting in 32 trials per digit per delay condition. The testphase
had a total of 768 trials (384 memory-guided sequences and 384 probes). Overall, the
participants underwent 2004 trials excluding the practice trials.

Experiment 2. Procedures for Experiment 2 were identical to Experiment 1
except that the preparation period was fixed at 1500 ms and participants were trained
in associating three unique *Sequence* cues with one finger sequence (F1) to be
performed with three target temporal structures (T1, T2, T3) or IPIs: slow (T1, 800-
800-800 ms), fast (T2, 400-400-400 ms) and irregular (T3, 400-1600-400 ms), forming
respective target sequence durations of 2400 ms, 1200 ms, and 2400ms. The trial
followed the same structure as in Experiment 1, but the *Go* cue remained on the
screen for 3000 ms in a sequence trial and for 1000 in a probe trial. This was followed
by a fixation cross (1000 ms) and feedback (1000 ms) with a varying ITI of 500, 900
and 1300 ms. As a result, a sequence trial was 6.5 min long and a probe trial 4.5 min
long. The participants underwent the same structure of training and testsessions as in
Experiment 1. Similarly, we conducted a synchronization task, in a pre-post design.
Here, three additional control timing conditions were used to test for temporal transfer
(trained timing conditions) with the target timing patterns combined with a different
finger sequence. Overall, in this experiment participants were exposed to 15 unique
temporally structured sequences associated with their respective *Sequence* cue and
completed 2016 trials over 58 blocks.

Experiment 3. The training/testprocedures, trial structure, and the pre/post-
training synchronization task in Experiment 3 were identical to those of Experiment 2,
except that probe trials would additionally cue the thumb. This served as a control
condition to obtain reaction times and error rates for unplanned responses as thumb
presses were not part of any learnt finger sequence. Across each training stage, there
were 60 probe trials, while the testphase (30 blocks × 26 trials) contained 360 memory-
guided *Sequence* trials (120 trials per timing condition), 360 probe trials (30 trials per
digit per timing condition), and 60 thumb probe trials (20 trials per timing condition).
Overall, participants completed 1990 trials over 72 blocks, excluding the practice block.

Feedback. In all experiments, a points system was designed to reward fast

initiation and accurate performance, and avoid any drift in the motor production from

memory. After each sequence trial, feedback was presented on the screen for 1000

ms in the form of points (0-10) based on three performance criteria: reaction time (RT)

to assess sequence initiation, percentage of deviation from the target temporal

intervals of the sequence, and finger press accuracy. Points gained from the RT

component of the sequence, i.e. response from *Go* cue to the first press, were defined

by tolerance RT windows of 0-200, 200-360, 360-480, 480-560, 560-600 ms resulting

in 5, 4, 3, 2 and 1 points, respectively. For late (> 600) responses, 0 points were given.

A schematic feedback provided information on both finger accuracy and temporal

sequence accuracy performance. An '*x*' or a '-' symbol was shown for every correct or

incorrect press, respectively. Temporal errors were calculated after each trial as

deviations of press from target timing in percent of the target interval to account for the

scalar variability of timing[67,68]. Thresholds for mean absolute percentage deviation

across all correct presses were set at 10, 20, 30, 40 and 50 percent assigning 5, 4, 3,

2 and 1 points, respectively. Timing interval deviation > 50% resulted in 0 points. If a

press was performed too early the respective symbol was displayed below the midline,

while for a late response it was displayed above. This applied only to the second, third

and fourth presses of the sequence, whilst the first symbol reflecting the first press

was always positioned on the midline, representing the starting point of the sequence.

Deviation from target onset (presented or assumed) rather than interval timing

encouraged participants to synchronize with the visually cued sequences during

training, however, may have contributed to a tendency to compress the overall

sequence length during trials produced from memory.

Participants were instructed to adjust their performance by keeping the crosses

as close to the midline as possible. If at least one incorrect press or an incorrect

number of presses was recorded (< 4 or > 4), 0 points were given on that trial. The

points on each trial were displayed above the schematic feedback, and were the sum

of the RT, interval deviation and finger accuracy points. The feedback following a probe

trial displayed only points (0-5) gained based on RT and finger press accuracy utilizing

the same tolerance windows as described above for assessing sequence initiation RT.

In the case of an incorrect press or incorrect number of presses (< 1 or > 1), 0 points

were given regardless of the RT length. To incentivize the participants to gain as many

points as possible on each trial, we offered an extra monetary reward (10£) to those

two with the highest total points.

Data analysis

Data analyses were performed using custom written code in Matlab (v9.2

R2017a, The MathWorks, Inc., Natick, Massachusetts, United States) and SPSS

version 22.0 (IBM Corp., Armonk, N.Y., USA). Median reaction time (RT; correct trials

only) and mean error rates for each *Probe* position and condition were calculated

relative to the 1st position in each participant and condition (RT and error rate increase

in %).

Repeated measures ANOVAs were undertaken for RT and error rate in *Probe*

trials, and for inter-press-intervals (IPI), temporal error, finger error, and sequence

initiation RT in *Sequence* trials produced from memory. Planned contrast analyses for

the main and interaction terms of interest in each ANOVA model involved user-defined

orthogonal contrasts. To evaluate the RT and error rate increase for the control action

(Experiment 3), we used two-tailed paired-samples t-tests (control *vs* 4th position).

Mean relative increase between adjacent positions (1st to 2nd, 2nd to 3rd, 3rd

to 4th) for RT (CQ RT increase) and press error rate (CQ error increase) in *Probe* trials

were taken as a measure for the strength of the competitive action gradient during

preparation. Using the group data (N = 55), we conducted six planned one-tailed

Pearson correlations between the CQ strength derived from RT and error increase,

respectively, and each of the sequence production measures.

CQ model of sequence preparation

To our knowledge, no CQ model has previously been applied to response

preparation. While models differ somewhat with respect to how sequence position is

represented, they all require some form of "start state", which has stronger links to

items or responses that should occur earlier in the sequence [5,8,69,70]. In the

implementation, we use the Start-End CQ model [16], but we expect that other CQ

models with distinct start states would behave similarly if the same assumptions

regarding preparation were added to them.

The model makes the following assumptions: Each learned sequence is

hierarchically organized, with a "sequence node (or nodes)" linking to, and activating,

the responses which make up the sequence. The sequence node activates the

position codes (associations) of the items in the sequence. Following the *Sequence*

cue, the start-state of the cued sequence becomes gradually activated. The start-state

of the intended sequence produces an activation gradient over the planned responses

based on its strength of association with them. The additions to the published CQ

model of Houghton [16] consist of: (i) the gradual increase of the start state activation,

(Equation 1); (ii) the damping of response activations prior to the *Go* cue (Equation 3);

and inhibition of the competitive response selection process, also prior to the *Go* cue.

The model's activation of planned responses during preparation is shown in Figure 5.

Sequence node activation. Following presentation of the *Sequence* cue, the

associated sequence node s_j becomes gradually activated. We implement a simple

linear "ramp",

900                                $$a_j(t) = b_j + ct$$

902   where t is (discrete) time (since cue presentation), b_j is the baseline activation,

903   and c is the rate of increase. The activation of the start-state S_j retrieved by the learned

904   sequence s_j follows this activation,

906                            $$S_j(t) = a_j(t)S_j \qquad (1)$$

S_j (without a time index) is the asymptotic (i.e., stored) value for the sequence,

set here to unity. The effect of this is simply that the start-state gradually increases its

activation following the cue.

Input to response nodes. Activation spreads from the start-state $S_j(t)$ to finger

responses via its positional associations W_j (a matrix) with the response tokens[16].

The input from sequence s_j to its associated actions is given by,

916                            $$Q(t) = g(S_j(t)W_j) \qquad (2)$$

Here $Q(t)$ (a matrix) represents the state of the queue of response tokens. W_j

encodes the positional weights from the sequence level to the responses in s_j, and the

product $S_j(t)W_j$ computes the differences between the start state of the sequence

$(S_j(t))$ and the position codes W_j of the sequence items (represented using the phase

code of Houghton [16]).

Finally, the function g represents a Gaussian receptive field, or positional tuning

curve, applied element-wise to the signals coming from the matrix W_j. The receptive

field is sensitive to the difference between the state of the start-signal S_j and the

position codes in W_j, peaking when they are identical (see Houghton, 2018, Equation

1). The receptive field has a tuning (variance) parameter σ, controlling the model's

sensitivity to positional differences (Figure 5a).

Finger response activation. Each finger response in the sequence s_j becomes

gradually active during preparation, due to the increasing activation of the sequence's

start state (Equation 1), sending an increasing degree of activation to the responses

in the sequence, modulated by the similarity of the response's position code to the

start state (Equation 2). For a finger response $F_{k,j}$ (i.e., kth finger in sequence j), its

activation during preparation is, in discrete time form,

936
$$F_{k,j}(t+1) = 1 - F_{k,j}(t) \times \left(\delta F_{k,j}(t) + Q_k(t) \right) \qquad (3)$$

In the second term on the right, δ controls the decay rate (of the current

activation level), and $Q_k(t)$ is the input to finger F_k given by Equation 2. Note that if the

latter equals 0, then response activation spontaneously decays due to the decay term,

$\delta < 1$.

The first term on the right, $1 - F_{k,j}(t)$, acts as "damping" factor; it becomes

smaller as the response activation increases towards a ceiling of 1. This prevents

activations growing without bound as the preparation interval increases (Figure 5b). It

is proposed that on detection of the *Go* signal, this damping term ceases to act,

permitting activations to rapidly increase, and initiating the competitive response

selection process intrinsic to CQ models.

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