

Experiment	Initial condition	Advance phase	Retreat phase
ARXX	Uniform 100 m slab	Run length = 7 kyr, $a = XX \text{ m a}^{-1}$	Run length = 6 kyr, $a = 0.2 \text{ m a}^{-1}$
P1	AR0.7 final state	Run length = 1 kyr, $a = 2.0 \text{ m a}^{-1}$	Run length = 4 kyr, $a = 0.2 \text{ m a}^{-1}$
P2	AR1.7 final state	Run length = 1 kyr, $a = 2.0 \text{ m a}^{-1}$	Run length = 4 kyr, $a = 0.2 \text{ m a}^{-1}$
PS	AR0.7 final state	Run length = 1 kyr, $a = 0.71 \text{ m a}^{-1}$	Run length = 4 kyr, $a = 0.7 \text{ m a}^{-1}$