$$\sum_{1}^{n}\left[(5i+1)^2-(5i-1)^2\right]=\sum_{1}^{n}\left[(25i^2+10i+1)-(25i^2-10i+1)\right]=$$

$$\sum_{1}^{n}(+20i)=10\cdot\sum_{1}^{n}i=20\cdot\frac{n^2+n}{2}\rightarrow \boxed{10n^2+10n}$$

$$S_n=10n^2+10n=10\cdot 1^2+10\cdot 1=\boxed{20}$$

$$S_n=S_{n-1}+a_n\rightarrow 10(n-1)^2+10(n-1)+20n\rightarrow$$

$$S_n=10(n^2-2n+1)+(10n-10)+20n=\boxed{10n^2+10n}$$