```java
import java.util.*;

public class Main {
    public static void main(String[] args) {
        Scanner sc = new Scanner(System.in);

        ONE(sc.nextInt());
        TWO(sc.nextInt());
        THREE();

        sc.close();
    }

    private static void ONE(int n) {
        int i = 1;
        do {
            System.out.print(2 * i + " ");
            i++;
        }
        while (i <= n);
        System.out.println("\n");
    }

    private static void TWO(int n) {
        int i = 1, s = 0;
        do {
            s += Math.pow(i, 2);
            i++;
        }
        while (i <= n);
        System.out.println(s + "\n");
    }

    private static void THREE() {
        int i = 1;
        do {
            for (int j = 1; j <= i; j++)
                System.out.print(j + " ");
            System.out.println();
            i++;
        }
        while (i <= 5);
    }
}
```