I will now find the total runtime complexity of both nested loops:

$$1+\sum_{i=1}^{n-1}(1+2)+1+4n-8i = 1+\sum_{i=1}^{n-1} 4+4n-8i$$

$$= 1+\sum_{i=1}^{n-1} 4+\sum_{i=1}^{n-1} 4n-8i$$

$$= 1+4(n-1)+4\sum_{i=1}^{n-1} n - 8\sum_{i=1}^{n-1} i$$

$$= 1+4n-4+4n(n-1)+8\left(\frac{(n-1)((n-1)+1)}{2}\right)$$

$$= 1+4n-4+4n^2-4n+\left(\frac{8(n-1)(n)}{2}\right)$$

$$= 1+4n-4+4n^2-4n+4(n^2-n)$$

$$= 1+\cancel{4n}-4+4n^2-\cancel{4n}+4n^2-4n$$

$$= 8n^2-4n-3$$

From the above we can see that the highest component would be $n^2$, such that the total runtime complexity of the dependent nested loops is:

$$T(n) = \Theta(n^2)$$