All reachable squares in horizontal intervals. Let X_i be the offset within an interval of length i.
$\forall_{i:i<j} x_i \leq x_j \leq x_i + j - i$
Start with each xi = 0. Loop from i = largest interval length down to 2. Move $i - 2 + xi - x_{i-1}$ times to the right, and then i-2 times to the left.

X_1	0	Goal : 0
X_2	0	Goal : 1
X_3	0	Goal : 2
X_4	0	Goal : 2
X_5	0	Goal : 3

(1)

i = 5 Move $i - 2 + xi - x_{i-1}$ times to the right, and then i-2 times to the left.
Moving 5 - 2 + 3 - 2 = 4 right ; 3 left

X_1	0	Goal : 0
X_2	0	Goal : 1
X_3	0	Goal : 2
X_4	0	Goal : 2
X_5	1	Goal : 3

(2)

i = 4 Move $i - 2 + xi - x_{i-1}$ times to the right, and then i-2 times to the left. 4 - 2 + 2 - 2 = 2 right ; 2 left

X_1	0	Goal : 0
X_2	0	Goal : 1
X_3	0	Goal : 2
X_4	0	Goal : 2
X_5	1	Goal : 3

(3)

i = 3 Move $i - 2 + xi - x_{i-1}$ times to the right, and then i-2 times to the left. 3 - 2 + 2 - 1 = 2 right ; 1 left

X_1	0	Goal : 0
X_2	0	Goal : 1
X_3	1	Goal : 2
X_4	1	Goal : 2
X_5	2	Goal : 3

(4)

i = 2 Move $i - 2 + xi - x_{i-1}$ times to the right, and then i-2 times to the left. 2 - 2 + 1 - 0 = 1 right ; 0 left

X_1	0	Goal : 0
X_2	1	Goal : 1
X_3	2	Goal : 2
X_4	2	Goal : 2
X_5	3	Goal : 3

(5)