

$$p_i \left(t + \frac{\epsilon}{2} \right) = p_i(t) - \frac{\epsilon}{2} \frac{\partial U}{\partial q_i} (q(t))$$

Repeat $\left\{ \begin{array}{l} q(t + \epsilon) = q_i(t) + \epsilon \frac{p_i \left(t + \frac{\epsilon}{2} \right)}{m_i} \\ p_i(t + \epsilon) = p_i \left(t + \frac{\epsilon}{2} \right) - \frac{\epsilon}{2} \frac{\partial U}{\partial q_i} (q(t + \epsilon)) \end{array} \right.$

L times