EX.0.1.6b, Langou

Explain how to evaluate the polynomial below for a given input x, using as few operations as possible. You are not allowed to use the power operator. So no x**5 for example. You can only multiplications and additions. How many multiplications and how many additions are required?

a.
$$p(x) = a_0 + a_{11}x^{11} + a_{22}x^{22} + a_{33}x^{33}$$

b.
$$p(x) = a_{13}x^{13} + a_{24}x^{24} + a_{35}x^{35} + a_{46}x^{46} + a_{57}x^{57}$$