Given a **1-indexed** array of integers numbers that is already ***sorted in non-decreasing order***, find two numbers such that they add up to a specific target number. Let these two numbers be numbers[index1] and numbers[index2] where 1 <= index1 < index2 <= numbers.length.

Return *the indices of the two numbers,* index1 *and* index2*,* ***added by one*** *as an integer array* [index1, index2] *of length 2.*

The tests are generated such that there is **exactly one solution**. You **may not** use the same element twice.

Your solution must use only constant extra space.

**Example 1:**

Input: numbers = [2,7,11,15], target = 9  
Output: [1,2]  
Explanation: The sum of 2 and 7 is 9. Therefore, index1 = 1, index2 = 2. We return [1, 2].

**Example 2:**

Input: numbers = [2,3,4], target = 6  
Output: [1,3]  
Explanation: The sum of 2 and 4 is 6. Therefore index1 = 1, index2 = 3. We return [1, 3].

**Example 3:**

Input: numbers = [-1,0], target = -1  
Output: [1,2]  
Explanation: The sum of -1 and 0 is -1. Therefore index1 = 1, index2 = 2. We return [1, 2].

**Constraints:**

* 2 <= numbers.length <= 3 \* 104
* -1000 <= numbers[i] <= 1000
* numbers is sorted in **non-decreasing order**.
* -1000 <= target <= 1000
* The tests are generated such that there is **exactly one solution**.