## **Algorithm 1** Solve $\min_{u \in U} F_h(u) + \text{TGV}^2_{\alpha}(u)$

- 1: Choose  $\sigma > 0$ ,  $\tau > 0$  such that  $\sigma \tau \frac{1}{2} (17 + \sqrt{33}) \le 1$ . 2: Choose  $(u^{[0]}, p^{[0]}) \in U \times V$ ,  $(v^{[0]}, w^{[0]}) \in V \times W$  and set  $\bar{u}^{[0]} = u^{[0]}$ ,  $\bar{p}^{[0]} = p^{[0]}$ .
- 3: **for**  $n = 0, 1, 2, \dots$  **do**

$$\begin{cases} v^{[n+1]} = \mathcal{P}_{\alpha_1} \left( v^{[n]} + \sigma(\nabla_h \bar{u}^{[n]} - \bar{p}^{[n]}) \right), \\ w^{[n+1]} = \mathcal{P}_{\alpha_0} \left( w^{[n]} + \sigma \mathcal{E}_h(\bar{p}^{[n]}) \right), \\ u^{[n+1]} = \left( u^{[n]} + \tau(\operatorname{div}_h v^{[n+1]} + f) \right) / (1 + \tau), \\ p^{[n+1]} = p^{[n]} + \tau(v^{[n+1]} + \operatorname{div}_h w^{[n+1]}), \\ \bar{u}^{[n+1]} = 2u^{[n+1]} - u^{[n]}, \\ \bar{p}^{[n+1]} = 2p^{[n+1]} - p^{[n]}. \end{cases}$$

- 5: end for
- 6: Return  $u^{[N]}$  for some large N.

where

$$\mathcal{P}_{\alpha_1}(v) = \frac{v}{\max\left(1, \frac{|v|}{\alpha_1}\right)}, \quad v \in V$$

$$\mathcal{P}_{\alpha_0}(w) = \frac{w}{\max\left(1, \frac{|w|}{\alpha_0}\right)}, \quad w \in W,$$
(1)

$$v \in V: \quad |v|_{i,j} = \left( \left( (v)_{i,j}^{(1)} \right)^2 + \left( (v)_{i,j}^{(2)} \right)^2 \right)^{1/2},$$

$$w \in W: \quad |w|_{i,j} = \left( \left( (w)_{i,j}^{(11)} \right)^2 + \left( (w)_{i,j}^{(22)} \right)^2 + 2 \left( (w)_{i,j}^{(12)} \right)^2 \right)^{1/2}.$$

$$(2)$$

The x and y forward finite difference operators are (page 13)

$$(\partial_x^+ u)_{i,j} = \begin{cases} u_{i+1,j} - u_{i,j} & \text{for } 1 \le i < N_1, \\ 0 & \text{for } i = N_1, \end{cases}$$
 (3)

$$(\partial_y^+ u)_{i,j} = \begin{cases} u_{i,j+1} - u_{i,j} & \text{for } 1 \le j < N_2, \\ 0 & \text{for } j = N_2, \end{cases}$$

$$(4)$$

and the backward finite difference operators are (page 13)

$$(\partial_x^- u)_{i,j} = \begin{cases} u_{1,j} & \text{if } i = 1, \\ u_{i,j} - u_{i-1,j} & \text{for } 1 < i < N_1, \\ -u_{N_1-1,j} & \text{for } i = N_1, \end{cases}$$

$$(5)$$

$$(\partial_y^- u)_{i,j} = \begin{cases} u_{i,1} & \text{if } j = 1, \\ u_{i,j} - u_{i,j-1} & \text{for } 1 < j < N_2, \\ -u_{i,N_2-1} & \text{for } j = N_2, \end{cases}$$

$$(6)$$

The gradient operator is defined as (page 13)

$$\nabla_h : U \to V, \quad \nabla_h u = \begin{pmatrix} \partial_x^+ u \\ \partial_y^+ u \end{pmatrix},$$
 (7)

and the symmetrised gradient operator is defined as (page 14)

$$\mathcal{E}_h: V \to W, \quad \mathcal{E}_h(v) = \begin{pmatrix} \partial_x^-(v)^{(1)} & \frac{1}{2} \left( \partial_y^-(v)^{(1)} + \partial_x^-(v)^{(2)} \right) \\ \frac{1}{2} \left( \partial_y^-(v)^{(1)} + \partial_x^-(v)^{(2)} \right) & \partial_y^-(v)^{(2)} \end{pmatrix}, \tag{8}$$

and

$$\operatorname{div}_h: V \to U, \quad \operatorname{div}_h v = \partial_x^-(v)^{(1)} + \partial_y^-(v)^{(2)},$$
 (9)

$$\operatorname{div}_{h}: W \to V, \quad \operatorname{div}_{h} w = \begin{pmatrix} \partial_{x}^{+}(w)^{(11)} + \partial_{y}^{+}(w)^{(12)} \\ \partial_{x}^{+}(w)^{(12)} + \partial_{y}^{+}(w)^{(22)} \end{pmatrix}. \tag{10}$$