

$$\begin{pmatrix} \sigma_{11} \\ \sigma_{22} \\ \sigma_{12} \end{pmatrix} = \begin{pmatrix} \sigma_{11} \\ \sigma_{22} \\ \sigma_{12} \end{pmatrix} + \gamma_C \frac{\Delta t}{\Delta T} \begin{pmatrix} \sigma_{11} - \text{interpF@T}(\hat{\sigma}_{11}) \\ \sigma_{22} - \text{interpF@T}(\hat{\sigma}_{22}) \\ \sigma_{12} - \text{interpT@F}(\hat{\sigma}_{12}) \end{pmatrix}$$

(even time-step)

$$\begin{pmatrix} \hat{\sigma}_{11} \\ \hat{\sigma}_{22} \\ \hat{\sigma}_{12} \end{pmatrix} = \begin{pmatrix} \hat{\sigma}_{11} \\ \hat{\sigma}_{22} \\ \hat{\sigma}_{12} \end{pmatrix} + \gamma_C \frac{\Delta t}{\Delta T} \begin{pmatrix} \hat{\sigma}_{11} - \text{interpT@F}(\sigma_{11}) \\ \hat{\sigma}_{22} - \text{interpT@F}(\sigma_{22}) \\ \hat{\sigma}_{12} - \text{interpF@T}(\sigma_{12}) \end{pmatrix}$$

(odd time-step)

(16)