

Running Nim 2VL(i) for $i=1, 2, \dots, 20$ gives us

$\{[0, 0]\} \rightarrow \text{size } 1$
 $\{[0, 0], [1, 2]\} \rightarrow \text{size } 2$
 $\{[0, 0], [1, 2]\} \rightarrow \text{size } 2$
 $\{[0, 0], [1, 2]\} \rightarrow \text{size } 2$
 $\{[0, 0], [1, 2], [3, 5]\} \rightarrow \text{size } 3$
 $\{[0, 0], [1, 2], [3, 5]\} \rightarrow \text{size } 3$
 $\{[0, 0], [1, 2], [3, 5], [4, 7]\} \rightarrow \text{size } 4$
 $\{[0, 0], [1, 2], [3, 5], [4, 7]\} \rightarrow \text{size } 4$
 $\{[0, 0], [1, 2], [3, 5], [4, 7]\} \rightarrow \text{size } 4$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10]\} \rightarrow \text{size } 5$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10]\} \rightarrow \text{size } 5$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10]\} \rightarrow \text{size } 5$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13]\} \rightarrow \text{size } 6$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13]\} \rightarrow \text{size } 6$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13], [9, 15]\} \rightarrow \text{size } 7$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13], [9, 15]\} \rightarrow \text{size } 7$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13], [9, 15]\} \rightarrow \text{size } 7$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13], [9, 15], [11, 18]\} \rightarrow \text{size } 8$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13], [9, 15], [11, 18]\} \rightarrow \text{size } 8$
 $\{[0, 0], [1, 2], [3, 5], [4, 7], [6, 10], [8, 13], [9, 15], [11, 18], [12, 20]\} \rightarrow \text{size } 9$

The green highlighted numbers represent how many sets have the same size. For instance:

3 sets have size 2
 2 sets have size 3
 3 sets have size 4
 3 sets have size 5
 2 sets have size 6
 3 sets have size 7
 2 sets have size 8

If you keep counting the sizes, we will obtain the following sequence:

(*) 3, 2, 3, 3, 2, 3, 2, 3, 3, 2, 3, 3, 2,

and so on.

This sequence can be found in the OEIS.

This is A076662 but just excluding the first element of (*) since A076662 is:

3, 3, 2, 3, 3, 2, 3, 2, 3, 3, 2, 3, 3, 2

↓

this is the extra number that (*) does not have at the beginning.