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Randomized Nyström Preconditioning with RPChloesky

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Declaration

I hereby declare that this work is fully my own.

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1.1 Question 1

Using the result from L6S76, show that the approximation $\hat{A}^{(k)}$ returned after k steps of RPCholesky satisfies

$$\mathbb{E} \left[\|A - \hat{A}^{(k)}\|_2 \right] \leq 3 \cdot \text{sr}_p(A) \cdot \lambda_p$$

for $k \geq (p-1)(\frac{1}{2} + \log(\frac{\eta^{-1}}{2}))$ with $\text{sr}_p(A)$ defined in [1].

Using the definition of $\text{sr}_p(A)$ from [1] we can see that:

$$\begin{aligned} \text{sr}_p(A) \cdot \lambda_p &= \left[\lambda_p^{-1} \sum_{j>p}^n \lambda_j \right] \lambda_p \\ &= \sum_{j \geq p}^n \lambda_j \\ &= \text{trace}(A - \mathcal{T}_{p-1}(A)) \end{aligned}$$

Where $\mathcal{T}_r(A)$ denotes the best rank- r approximation of A . We then also note that:

$$\mathbb{E} \left[\|A - \hat{A}^{(k)}\| \right] \leq \mathbb{E} \left[\text{trace}(A - \hat{A}^{(k)}) \right]$$

Then we can use the theorem from L6S76 to begin our proof:

$$\begin{aligned} \mathbb{E} \left[\|A - \hat{A}^{(k)}\| \right] &\leq \mathbb{E} \left[\text{trace}(A - \hat{A}^{(k)}) \right] \\ &\leq (1 + \epsilon) \text{trace}(A - \mathcal{T}_{p-1}(A)) \end{aligned}$$

To complete the proof we let $\epsilon = 2$, and then the equation above becomes:

$$\mathbb{E} \left[\|A - \hat{A}^{(k)}\| \right] \leq 3 \cdot \text{trace}(A - \mathcal{T}_{p-1}(A))$$

According to the theorem in L6S76, for the above bound to hold we need to choose:

$$\begin{aligned} k &\geq \frac{r}{\epsilon} + r \log\left(\frac{1}{\epsilon\eta}\right) \\ &= \frac{p-1}{2} + (p-1) \log\left(\frac{\eta^{-1}}{2}\right) \\ &= (p-1)\left(\frac{1}{2} + \log\left(\frac{\eta^{-1}}{2}\right)\right) \end{aligned}$$

where $\eta = \text{trace}(A - \mathcal{T}_{p-1}(A))/\text{trace}(A)$. Thus completing the proof.

1.2 Question 2

By mimicking the proof of Theorem 5.1 in [1], derive a sensible upper bound on:

$$\mathbb{E} \left[\kappa_2(P^{-\frac{1}{2}} A_\mu P^{-\frac{1}{2}}) \right]$$

where P is constructed as described in equations (1.3) of [1], with \hat{A}_{nys} replaced by $\hat{A}^{(k)}$ for a suitable value for k . Explain what this bound means in terms of the quality of the preconditioner.

First we start by notcing that:

$$A_\mu = A + \mu I = \hat{A}^{(k)} + \mu I + \underbrace{A - \hat{A}^{(k)}}_E$$

This then allows us to rewrite $S = P^{-\frac{1}{2}} A_\mu P^{-\frac{1}{2}}$ as:

$$P^{-\frac{1}{2}} A_\mu P^{-\frac{1}{2}} = P^{-\frac{1}{2}} (\hat{A}^{(k)} + \mu I) P^{-\frac{1}{2}} + P^{-\frac{1}{2}} (E) P^{-\frac{1}{2}}$$

with $P = \frac{1}{\lambda_{p-1} + \mu} U(\Lambda + \mu I) U^\top + (I - UU^\top)$

Since P is PSD it has a well defined sqaure root. Using the formula given by Frangella for P^{-1} we can get:

$$P^{-\frac{1}{2}} = U \left(\frac{\Lambda + \mu I}{\lambda_{p-1} + \mu} + \mu \right)^{-\frac{1}{2}} U^\top + (I - UU^\top)$$

By Weyl's inequality we can bound the largest eigenvalue of S as:

$$\lambda_1(S) \leq \lambda_1(P^{-\frac{1}{2}} (\hat{A}^{(k)} + \mu I) P^{-\frac{1}{2}}) + \lambda_1(P^{-\frac{1}{2}} (E) P^{-\frac{1}{2}})$$

Let's consider the first half of the equation. We can substitute our expression for $P^{-\frac{1}{2}}$ and compute the eigenvalue decomposition of $\hat{A}^{(k)}$ to get:

$$\begin{aligned} & \left[U \left(\frac{\Lambda + \mu I}{\lambda_{p-1} + \mu} \right)^{-\frac{1}{2}} U^\top + (I - UU^\top) \right] \cdot \\ & [U(\Lambda + \mu I) U^\top + (\mu I)(I - UU^\top)] \cdot \\ & \left[U \left(\frac{\Lambda + \mu I}{\lambda_{p-1} + \mu} \right)^{-\frac{1}{2}} U^\top + (I - UU^\top) \right] \end{aligned}$$

We have to split $\hat{A}^{(k)} + \mu I$ into the component that lies in the subspace spanned by U and into the space spanned by U_\perp , this is done by projecting μI using the projector $I - UU^\top$. Now if we only look at the subspace spanned by U we can see that the largest eigenvalue will be $\lambda_{p-1} + \mu$:

$$U \left(\frac{\lambda_{p-1} + \mu}{\Lambda + \mu I} \right)^{\frac{1}{2}} [\Lambda + \mu I] \left(\frac{\lambda_{p-1} + \mu}{\Lambda + \mu I} \right)^{\frac{1}{2}} U^\top$$

The largest eigenvalue in the space spanned by U_\perp is μ . So overall the largest eigenvalue achieved on both these space is $\lambda_{p-1} + \mu$. Now we have to find an expression for the second part of Weyl's inequality above.

$$\lambda_1(P^{-\frac{1}{2}} (E) P^{-\frac{1}{2}}) = \lambda_1(P^{-1} E) \leq \lambda_1(P^{-1}) \|E\|_2$$

$$\text{with } P^{-1} = (\lambda_{p-1} + \mu) U(\Lambda + \mu I)^{-1} U^\top + (I - UU^\top)$$

To find $\lambda_1(P^{-1})$ we perform a similar argument as before. On the subspace spanned by U the largest eigenvalue is $(\lambda_{p-1} + \mu)$ $(\lambda_{p-1} + \mu) = 1$ on the subspace spanned by U_\perp we see that the largest eigenvalue is also 1. So the largest eigenvalue attained on both these subspaces is 1, hence $\lambda_1(P^{-1}) = 1$ and so we can say that $\lambda_1(P^{-\frac{1}{2}}(E)P^{-\frac{1}{2}}) = \|E\|_2$. So we arrive at the bound:

$$\lambda_1(S) = \lambda_{p-1} + \mu + \|E\|_2$$

Now we need to bound the minimum eigenvalues of S . Once again we can use Weyl's inequality for this:

$$\lambda_n(S) \geq \lambda_n(P^{-\frac{1}{2}}(\hat{A}^{(K)} + \mu I)P^{-\frac{1}{2}}) + \lambda_n(P^{-\frac{1}{2}}(E)P^{-\frac{1}{2}})$$

The smallest eigenvalue of $P^{-\frac{1}{2}}(E)P^{-\frac{1}{2}}$ is 0 since the rank- $(p-1)$ approximation we have is rank deficient and so the smallest eigenvalue is 0. Once again analyse the first term by looking on the subspace spanned by U and the subspace spanned by U_\perp

$$U\left(\frac{\lambda_{p-1} + \mu}{\Lambda + \mu I}\right)^{\frac{1}{2}}[\Lambda + \mu I]\left(\frac{\lambda_{p-1} + \mu}{\Lambda + \mu I}\right)^{\frac{1}{2}}U^\top$$

Since the approximations of RPChloesky are PSD, the minimum eigenvalue on the subspace spanned by U is μ . In the subpace spanned by U_\perp we have $\mu I(I - UU^\top)$ of which the minimum eigenvalue is μ . Hence the smallest eigenvalue overall is just μ and so $\lambda_n(S) \geq \mu$. Now we can finally bound the condition number as:

$$\begin{aligned} \kappa_2(P^{-\frac{1}{2}}A_\mu P^{-\frac{1}{2}}) &\leq \frac{\mu + \lambda_{p-1} + \|A - \hat{A}^{(k)}\|_2}{\mu} \\ &= \frac{1}{\mu} \left[\mu + \lambda_{p-1} + \|A - \hat{A}^{(k)}\|_2 \right] \end{aligned}$$

Then by using the linearity of the expectation operator we can say:

$$\begin{aligned} \mathbb{E} \left[\kappa_2(P^{-\frac{1}{2}}A_\mu P^{-\frac{1}{2}}) \right] &\leq \mathbb{E} \left(\frac{\mu + \lambda_{p-1} + \|A - \hat{A}^{(k)}\|_2}{\mu} \right) \\ &= \frac{1}{\mu} \left(\mu + \lambda_{p-1} + \mathbb{E} \left[\|A - \hat{A}^{(k)}\|_2 \right] \right) \\ &\leq \frac{1}{\mu} \left[\mu + \lambda_{p-1} + 3 \cdot \text{trace}(A - \mathcal{T}_{p-1}(A)) \right] \end{aligned}$$

for $k \geq (p-1)(\frac{1}{2} + \log(\frac{\eta^{-1}}{2}))$, where $\eta = \text{trace}(A - \mathcal{T}_{p-1}(A))/\text{trace}(A)$.

Without preconditioning the condition number of A_μ would be $\lambda_1(A_\mu)/\lambda_n(A_\mu)$ which can be large if the smallest eigenvalue of A_μ is small. However if we use RPChloesky, obtain a sufficiently good approximation of A and use this preconditioning then the condition number will be $\leq 1 + \frac{3}{\mu} \cdot \text{trace}(A - \mathcal{T}_{p-1}(A))$ which could even be upperbounded by 1 since we already obtain a good approximation of A by using RPChloesky. However this does assume a quick decay of the singular values, which is the case for most scientific applications. Diaz et al. analyse a specific case of using RPChloesky and preconditioning in quantum chemistry in section (4.1) of their paper []. They show how RPChloesky and preconditioning can reduce the relative residual in a ridge regression task to an order of 10^{-2} in 100 iterations, highlighting how good the method is. Also iterative solvers like the Conjugate Gradient method is proportional to the square root of the condition number so achieving a low condition number through preconditioning would be ideal for these solvers.

1.3 Question 3

The proof of Proposition 2.2 from [1] on the quality of the Nyström approximation (with Gaussian random sketches) uses a squared Chevet bound. Provide a detailed proof of this bound (see Section B.2 in [1]) in your own words. Include all missing details (such as verifying the conditions of Slepian's lemma).

We first begin by defining two vector sets:

$$U = \{S^T a : \|a\|_2 = 1\} \subset \mathbb{R}^m$$

$$V = \{Tb : \|b\|_2 = 1\} \subset \mathbb{R}^n$$

Where $S \in \mathbb{R}^{r \times m}$ and $T \in \mathbb{R}^{n \times s}$ are fixed matrices and $a \in \mathbb{R}^r$ and $b \in \mathbb{R}^s$ are vectors living on their respective ℓ_2 -normball. Now from these sets we choose two vectors $u \in U$ and $v \in V$ and then we consider the Gaussian process:

$$Y_{uv} = \langle u, Gv \rangle + \|S\|_2 \|v\|_2 \gamma$$

$$X_{uv} = \|S\| \langle h, v \rangle + \|v\| \langle g, u \rangle$$

Where $G \in \mathbb{R}^{m \times n}$ is a $(0, 1)$ -Gaussian random matrix, g, h are \mathbb{R}^m and \mathbb{R}^n $(0, 1)$ -Gaussian random vectors and $\gamma \sim \mathcal{N}(0, 1)$. We also assume that G, g, h , and γ are all independent.

Our first step is to analyze the conditions regarding Slepian's Lemma. The two conditions of Slepian's Lemma are:

$$\mathbb{E}[X_{u_1, v_1} X_{u_2, v_2}] \leq \mathbb{E}[Y_{u_1, v_1} Y_{u_2, v_2}] \text{ for } u_1 \neq u_2 \text{ and } v_1 \neq v_2$$

$$\mathbb{E}[X_{u, v} X_{u, v}] \leq \mathbb{E}[Y_{u, v} Y_{u, v}]$$

Let's first analyze the autocorrelation terms. For convenience sake we will abbreviate $X_{u, v} = X_i$ similarly for $Y_{u, v}$

$$X_i^2 = [\|S\| \langle h, v \rangle + \|v\| \langle g, u \rangle]^2$$

$$= \|S\|^2 \langle h, v \rangle^2 + 2\|S\| \langle h, v \rangle \|v\| \langle g, u \rangle + \|v\|^2 \langle g, u \rangle^2$$

$$\mathbb{E}[X_i^2] = \|S\|^2 \mathbb{E}[\langle h, v \rangle^2] + 2\|S\| \|v\| \mathbb{E}[\langle h, v \rangle \langle g, u \rangle] + \|v\|^2 \mathbb{E}[\langle g, u \rangle^2]$$

We will analyze this equation term by term and use the fact that $E[X] = \text{Var}[X] + E[X]^2$. We will also use the fact that if $x \sim \mathcal{N}(\mu, \Sigma_n)$ then for any fixed vector a we have that $ax \sim \mathcal{N}(a\mu, a\Sigma_n a^T)$. Analysing the first term we see:

$$\mathbb{E}[\langle h, v \rangle] = \|v\|^2 + 0^2$$

The third term can be analyzed in much the same way:

$$\mathbb{E}[\langle g, u \rangle] = \|u\|^2 + 0^2$$

The second term can be analysed by first noting that h and g are independent as so:

$$\mathbb{E}[2\|S\| \|v\| \langle h, v \rangle \langle g, u \rangle] = 2\|S\| \|v\| \mathbb{E}[\langle h, v \rangle] \mathbb{E}[\langle g, u \rangle]$$

$$= 0$$

And so we are left with:

$$\mathbb{E}[X_i] = \|S\|^2 \|v\|^2 + \|v\|^2 \|u\|^2$$

Y_i will be analysed in the same way:

$$\begin{aligned} Y_i^2 &= \langle u, Gv \rangle^2 + 2\|S\| \|v\| \gamma \langle u, Gv \rangle^2 + \|S\|^2 \|v\|^2 \gamma^2 \\ \mathbb{E}[Y_i^2] &= \mathbb{E}[\langle u, Gv \rangle^2] + 2\|S\| \|v\| \mathbb{E}[\gamma \langle u, Gv \rangle] + \|S\|^2 \|v\|^2 \mathbb{E}[\gamma^2] \end{aligned}$$

The first and third terms are analysed in much the same way as before:

$$\mathbb{E}[\|S\|^2 \|v\|^2 \gamma^2] = \|S\|^2 \|v\|^2 \mathbb{E}[\langle u, Gv \rangle^2] = \|u\|^2 \|v\|^2$$

The second term can be analyzed in the same way as before:

$$\begin{aligned} \mathbb{E}[2\|S\| \|v\| \gamma \langle u, Gv \rangle] &= 2\|S\| \|v\| \mathbb{E}[\gamma \langle u, Gv \rangle] \\ &= 2\|S\| \|v\| \mathbb{E}[\gamma] \mathbb{E}[\langle u, Gv \rangle] \\ &= 0 \end{aligned}$$

And so we are left with:

$$\mathbb{E}[Y_i^2] = \|S\|^2 \|v\|^2 + \|u\|^2 \|v\|^2$$

Comparing $\mathbb{E}[X_i^2]$ with $\mathbb{E}[Y_i^2]$ we see that the second condition of Slepian's lemma is satisfied. Now we will look at the first condition. We begin by letting:

$$\begin{aligned} X_1 &= \|S\| \langle h, v_1 \rangle + \|v_1\| \langle g, u_1 \rangle \\ X_2 &= \|S\| \langle h, v_2 \rangle + \|v_2\| \langle g, u_2 \rangle \end{aligned}$$

We can multiply and expand out the terms to get:

$$\begin{aligned} X_1 X_2 &= \|S\|^2 \langle h, v_1 \rangle \langle h, v_2 \rangle + \|S\| \|v_2\| \langle h, v_1 \rangle \langle g, u_2 \rangle \\ &\quad + \|S\| \|v_1\| \langle h, v_2 \rangle \langle g, u_1 \rangle + \|v_1\| \|v_2\| \langle g, u_1 \rangle \langle g, u_2 \rangle \\ \mathbb{E}[X_1 X_2] &= \|S\|^2 \mathbb{E}[\langle h, v_1 \rangle \langle h, v_2 \rangle] + \|S\| \|v_2\| \mathbb{E}[\langle h, v_1 \rangle \langle g, u_2 \rangle] \\ &\quad + \|S\| \|v_1\| \mathbb{E}[\langle h, v_2 \rangle \langle g, u_1 \rangle] + \|v_1\| \|v_2\| \mathbb{E}[\langle g, u_1 \rangle \langle g, u_2 \rangle] \end{aligned}$$

Once again we can analyse this term by term. Looking at the first term we have:

$$\mathbb{E}[\|S\|^2 \langle h, v_1 \rangle \langle h, v_2 \rangle] = \|S\|^2 \mathbb{E}[\langle h, v_1 \rangle \langle h, v_2 \rangle] = \|S\|^2 \mathbb{E} \left[\underbrace{\langle h, h \rangle}_{\mathbb{E}[\cdot]=0} + \underbrace{\langle h, v_1 \rangle}_{\mathbb{E}[\cdot]=0} + \underbrace{\langle h, v_2 \rangle}_{\mathbb{E}[\cdot]=0} + \underbrace{\langle v_1, v_2 \rangle}_{\mathbb{E}[\cdot] \neq 0} \right]$$

By the properties of multiplication with standard gaussian random vectors the above equation simplifies to:

$$\mathbb{E}[\|S\|^2 \langle h, v_1 \rangle \langle h, v_2 \rangle] = \|S\|^2 \langle v_1, v_2 \rangle$$

Now we look at the second and third term, and by independence and the properties of multiplication with standard gaussian random vectors we have:

$$\begin{aligned} \mathbb{E}[\|S\| \|v_2\| \langle g, u_2 \rangle \langle h, u_1 \rangle] &= 0 \\ \mathbb{E}[\|S\| \|v_1\| \langle g, u_1 \rangle \langle h, u_2 \rangle] &= 0 \end{aligned}$$

Regarding the fourth term, once it is expanded all the terms multiplied with the gaussian vector in expectation will be zero so the only term left will be:

$$\begin{aligned}\mathbb{E} [\|v_1\| \|v_2\| \langle g, u_1 \rangle \langle g, u_2 \rangle] &= \|v_1\| \|v_2\| \mathbb{E} [\langle u_1, u_2 \rangle] \\ &= \|v_1\| \|v_2\| \langle u_1, u_2 \rangle\end{aligned}$$

So finally we are left with:

$$\mathbb{E} [X_1 X_2] = \|S\|^2 \langle v_1, v_2 \rangle + \|v_1\| \|v_2\| \langle u_1, u_2 \rangle$$

Now we will perform the same operations for $Y_1 Y_2$. Letting:

$$\begin{aligned}Y_1 &= \langle u_1, Gv_1 \rangle + \|S\| \|v_1\| \gamma \\ Y_2 &= \langle u_2, Gv_2 \rangle + \|S\| \|v_2\| \gamma\end{aligned}$$

We can multiply and expand out the terms to get:

$$\begin{aligned}Y_1 Y_2 &= \langle u_1, Gv_1 \rangle \langle u_2, Gv_2 \rangle + \|S\| \|v_1\| \gamma \langle u_2, Gv_2 \rangle \\ &\quad + \|S\| \|v_2\| \gamma \langle u_1, Gv_1 \rangle + \|S\|^2 \|v_1\| \|v_2\| \gamma^2\end{aligned}$$

$$\begin{aligned}\mathbb{E} [Y_1 Y_2] &= \mathbb{E} [\langle u_1, Gv_1 \rangle \langle u_2, Gv_2 \rangle] + \|S\| \|v_1\| \mathbb{E} [\gamma \langle u_2, Gv_2 \rangle] \\ &\quad + \|S\| \|v_2\| \mathbb{E} [\gamma \langle u_1, Gv_1 \rangle] + \|S\|^2 \|v_1\| \|v_2\| \mathbb{E} [\gamma^2]\end{aligned}$$

As before, due to the properties of independence and multiplication with standard gaussian random vectors, the second and third terms in expectation equal 0:

$$\|S\| \|v_1\| \mathbb{E} [\gamma \langle u_2, Gv_2 \rangle] = 0 \quad \|S\| \|v_2\| \mathbb{E} [\gamma \langle u_1, Gv_1 \rangle] = 0$$

The fourth term in expectation is:

$$\begin{aligned}\|S\|^2 \|v_1\| \|v_2\| \mathbb{E} [\gamma^2] &= \|S\|^2 \|v_1\| \|v_2\| [\text{Var}(\gamma) + \mathbb{E}[\gamma]] \\ &= \|S\|^2 \|v_1\| \|v_2\|\end{aligned}$$

The first term needs some careful consideration. We first see that the dot product can be written as:

$$\langle u_1, Gv_1 \rangle = \sum_{i,j} u_i G_{ij} v_j$$

Next we begin by noting that $\mathbb{E} [G_{ij} G_{kl}] = 0 \quad \forall \quad i \neq k \text{ and } j \neq l$. So the first term, in expectation reduces to:

$$\mathbb{E} [\langle u_1, Gv_1 \rangle \langle u_2, Gv_2 \rangle] = \langle u_1, u_2 \rangle \langle v_1, v_2 \rangle$$

Putting this all together we get:

$$\mathbb{E} [Y_1 Y_2] = \langle u_1, u_2 \rangle \langle v_1, v_2 \rangle + \|S\|^2 \|v_1\| \|v_2\|$$

We can now use a double application of the Cauchy-Schwarz inequality (one on $\mathbb{E} [X_1 X_2]$ and another on $\mathbb{E} [Y_1 Y_2]$) to see that $\mathbb{E} [X_1 X_2] \leq \mathbb{E} [Y_1 Y_2]$. Thereby fulfilling the second condition for Slepian's lemma. Thereby can also conclude that:

$$\mathbb{P} \left(\max_{u,v} Y_{uv} > t \right) \leq \mathbb{P} \left(\max_{u,v} X_{uv} > t \right)$$

For convenience we will also introduce the notation $X_+ = \max\{X, 0\}$. We will now begin to prove the squared Chevet bound. We start off by stating:

$$\mathbb{E} \left[\max_{u,v} (Y_{uv})_+^2 \right] = \mathbb{E} \left[\max_{\|a\|=1, \|b\|=1} \left([\langle S^\top a, GTb \rangle + \|S\| \|Tb\| \gamma]_+^2 \right) \right]$$

Next the paper applies Jensen's inequality. However we should first make sure that Jensen's inequality is valid for this function. Let's first breakdown the function inside the expectation as a composition of functions:

$$\mathbb{E} \left[\underbrace{\max_{\|a\|=1, \|b\|=1} \left\{ (\langle S^\top a, GTb \rangle + \|S\| \|Tb\| \gamma)_+^2 \right\}}_{g(x)} \right]$$

It is evident that $g(x)$ is composed of $f(x) = x_+^2$ and $k(x) = \langle S^\top a, GTb \rangle + \|S\| \|Tb\| \gamma$. The former is a convex function and the latter is a linear function (which is both convex and concave). Their composition is also a convex function, and taking the max leaves it as a convex function. Thus we can apply Jensen's inequality in this context. In this next step we integrate out the terms with γ and we are left with:

$$\mathbb{E} \left[\max_{\|a\|=1, \|b\|=1} \left\{ (\langle S^\top a, GTb \rangle + \|S\| \|Tb\| \gamma)_+^2 \right\} \right] = \mathbb{E}_G \left[\max_{\|a\|=1, \|b\|=1} (\langle S^\top a, GTb \rangle_+^2) \right]$$

Now we can see that the dot product is just the 2->2 matrix operator norm. Thus we can write:

$$\mathbb{E}_G \left[\max_{\|a\|=1, \|b\|=1} (\langle S^\top a, GTb \rangle_+^2) \right] = \mathbb{E}_G [\|SGT\|^2]$$

So we can see that $\mathbb{E} \left[\max_{u,v} (Y_{uv})_+^2 \right]$ acts as a majorizer of $\mathbb{E}_G [\|SGT\|^2]$. Now we will perform the same calculation with X_{uv} . We can see that:

$$\begin{aligned} \mathbb{E} \left[\max \left\{ (X_{uv})_+^2 \right\} \right] &\leq \mathbb{E} \left[\max \left\{ X_{uv}^2 \right\} \right] \\ &= \mathbb{E} \left[\max_{\|a\|=1, \|b\|=1} \left\{ (\|S\| \langle h, Tb \rangle + \|Tb\| \langle g, S^\top a \rangle)^2 \right\} \right] \end{aligned}$$

We can expand out the terms and use Cauchy-Schwarz to turn the dot products into a product of norms:

$$(\|S\| \langle h, Tb \rangle + \|Tb\| \langle g, S^\top a \rangle)^2 = \|S\|^2 \langle h, Tb \rangle^2 + 2\|S\| \|Tb\| \langle h, Tb \rangle \langle g, S^\top a \rangle + \|Tb\|^2 \langle g, S^\top a \rangle^2$$

Let's analyse this term by term. We will make extensive use of the Cauchy-Schwarz inequality. The first term can be bounded as:

$$\begin{aligned} \|S\|^2 \langle h, Tb \rangle^2 &= \|S\|^2 \langle T^\top h, b \rangle \\ &\leq \|S\|^2 \|T^\top h\|^2 \|b\|^2 \\ &= \|S\|^2 \|T^\top h\|^2 \end{aligned}$$

The second term is bounded as:

$$\begin{aligned} 2\|S\|\|Tb\|\langle h, Tb \rangle \langle g, S^\top a \rangle &= 2\|S\|\|Tb\|\langle T^\top h, b \rangle \langle Sg, a \rangle \\ &\leq 2\|S\|\|Tb\|\|T^\top h\|\|b\|\|Sg\|\|a\| \\ &= 2\|S\|\|Tb\|\|T^\top h\|\|Sg\| \end{aligned}$$

The third term is bounded as:

$$\begin{aligned} \|Tb\|^2 \langle g, S^\top a \rangle^2 &= \|Tb\|^2 \langle Sg, a \rangle^2 \\ &\leq \|Tb\|^2 \|Sg\|^2 \|a\|^2 \\ &= \|Tb\|^2 \|Sg\|^2 \end{aligned}$$

So we end up with:

$$\begin{aligned} \mathbb{E} \left[\max_{\|a\|=1, \|b\|=1} \{ (\|S\|\langle h, Tb \rangle + \|Tb\|\langle g, S^\top a \rangle)^2 \} \right] &\leq \mathbb{E} [\|S\|^2 \|T^\top h\|^2 + 2\|S\|\|Tb\|\|T^\top h\|\|Sg\|] \\ &\quad + \mathbb{E} [\|Tb\|^2 \|Sg\|^2] \end{aligned}$$

Since h and g are independant and they are standard normal vectors, we have the equality:

$$\begin{aligned} \mathbb{E} [\|T^\top h\|^2] &= \|T\|_F^2 \\ \mathbb{E} [\|Sg\|^2] &= \|S\|_F^2 \end{aligned}$$

Next we need to make use of Hölder's inequality for expectations which (in our particular case of the ℓ_2 norm) can be written as:

$$\mathbb{E} [\|XY\|] \leq \sqrt{\mathbb{E} [\|X\|^2]} \sqrt{\mathbb{E} [\|Y\|^2]}$$

Using this version of Hölder's inequality we can bound the middle term as:

$$\begin{aligned} 2\|S\|\|Tb\|\mathbb{E} [\|T^\top h\|\|Sg\|] &\leq 2\|S\|\|Tb\|\sqrt{\mathbb{E} [\|T^\top h\|^2]} \sqrt{\mathbb{E} [\|Sg\|^2]} \\ &= 2\|S\|\|Tb\|\sqrt{\|T\|_F^2} \sqrt{\|S\|_F^2} \\ &= 2\|S\|\|Tb\|\|T\|_F \|S\|_F \end{aligned}$$

Using the two facts above we can bound $\mathbb{E} [\|S\|^2 \|T^\top h\|^2 + 2\|S\|\|Tb\|\|T^\top h\|\|Sg\| + \|Tb\|^2 \|Sg\|^2]$ as:

$$\begin{aligned} \mathbb{E} [\|S\|^2 \|T^\top h\|^2 + 2\|S\|\|Tb\|\|T^\top h\|\|Sg\| + \|Tb\|^2 \|Sg\|^2] &\leq \|S\|^2 \|T\|_F^2 + 2\|S\|\|T\|_F \|S\|_F \\ &\quad + \|Tb\|^2 \|S\|_F^2 \end{aligned}$$

As we can see this is a perfect square. After factorizing we are left with the following bound:

$$\mathbb{E} \left[\max \left\{ (X_{uv})_+^2 \right\} \right] \leq (\|S\|\|T\|_F + \|T\|\|S\|_F)^2$$

Next we use Corolary 3.12 on p.75 of [3] and some relations from probability to finish the question. The calculations of which are listed below. Recall that for a random variable Z we have:

$$\mathbb{E} [Z^2] = \int_0^\infty 2x\mathbb{P}(Z > x)dx$$

This then allows us to say:

$$\mathbb{E} [\|SGT\|^2] \leq \mathbb{E} \left[\max_{u,v} \left\{ (Y_{uv})_+^2 \right\} \right] = \int_0^\infty 2t \mathbb{P} \left(\max_{u,v} \{ (Y_{uv})_+ \} > t \right) dt$$

Since everything here is positive we can drop $(\cdot)_+$ and apply Corolary 3.12:

$$\begin{aligned} \int_0^\infty 2t \mathbb{P} \left(\max_{u,v} \{ (Y_{uv})_+ \} > t \right) dt &= \int_0^\infty 2t \mathbb{P} \left(\max_{u,v} \{ (Y_{uv}) \} > t \right) dt \\ &\leq \int_0^\infty 2t \mathbb{P} \left(\max_{u,v} \{ (X_{uv}) \} > t \right) dt \end{aligned}$$

Again we can bring in the $(\cdot)_+$ without changing this integral:

$$\begin{aligned} \int_0^\infty 2t \mathbb{P} \left(\max_{u,v} \{ (X_{uv}) \} > t \right) dt &= \int_0^\infty 2t \mathbb{P} \left(\max_{u,v} \{ (X_{uv})_+ \} > t \right) dt \\ &= 2 * \mathbb{E} \left[\max_{u,v} \{ (X_{uv}) \} \right] \\ &\leq 2 * (\|S\| \|T\|_F + \|T\| \|S\|_F)^2 \end{aligned}$$

And so we have completed the proof showing that:

$$\mathbb{E} [\|SGT\|^2] \leq 2 * (\|S\| \|T\|_F + \|T\| \|S\|_F)^2$$

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