

$$\mathbf{x}_{k+1} = \begin{cases} \mathbf{x}_k - \mu \nabla f(\mathbf{x}_k) & \text{if } \text{mod}(k+1, T) \neq 0 \\ \frac{1}{T} \sum_{t=k-T}^k \mathbf{x}_t & \text{otherwise} \end{cases} \quad (1)$$