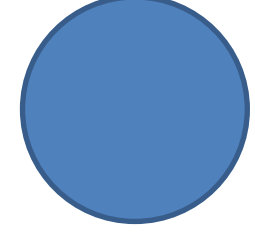
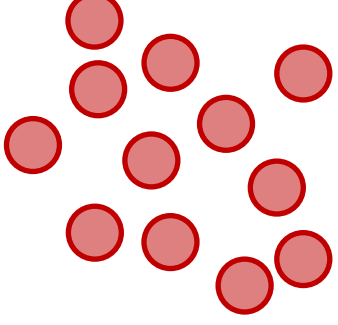


1. Thermodynamic setting

System  Environment  Joint energy-conserving unitary evolution $U(\text{System} \otimes \text{Environment})U^\dagger$

Arbitrary state: ρ_S Thermal State: $\gamma_E \propto e^{-\beta H_E}$
Hamiltonian: H_S Hamiltonian: H_E

Hence the evolution of the system is described by *thermal operations*:

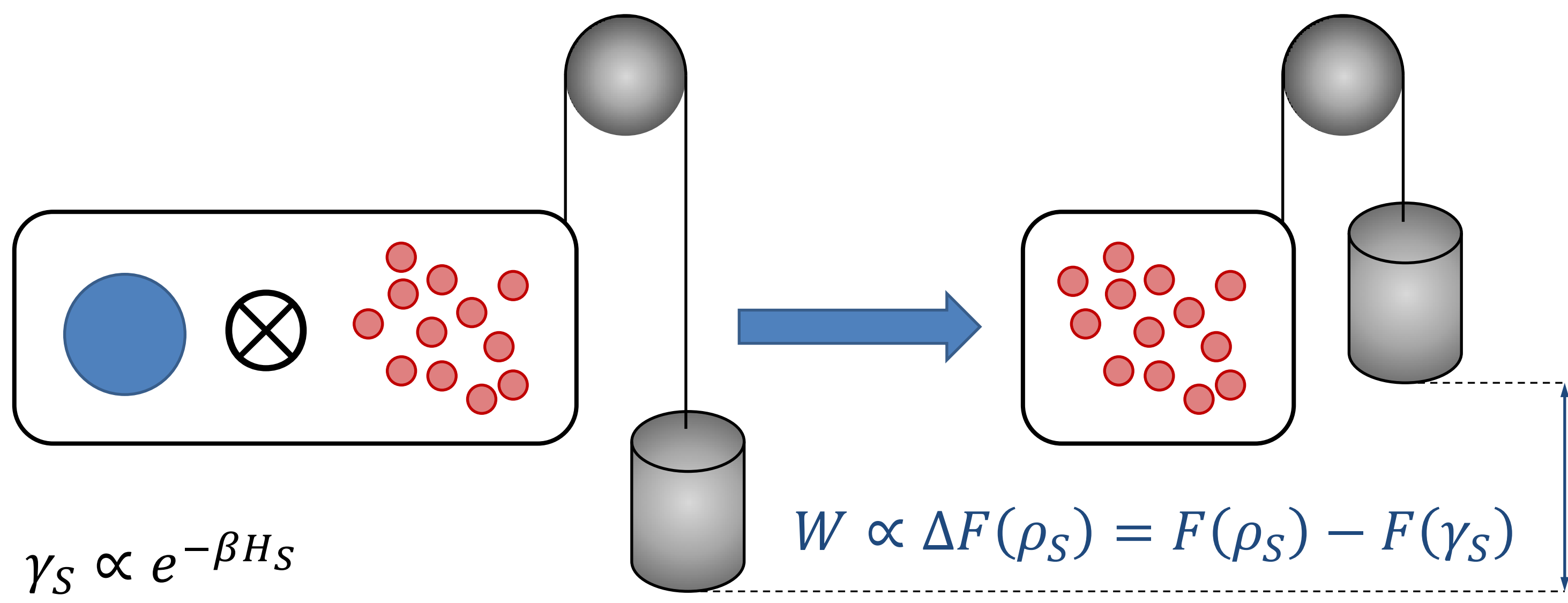
that form a subset of time-translation symmetric operations:

$$[U, H_S + H_E] = 0$$

$$\mathcal{E}_T(\rho_S) = \text{Tr}_E(U(\rho_S \otimes \gamma_E)U^\dagger),$$

$$\mathcal{E}_T(e^{-iH_S t} \rho_S e^{iH_S t}) = e^{-iH_S t} \mathcal{E}_T(\rho_S) e^{iH_S t}$$

2. Work extraction & work-locking

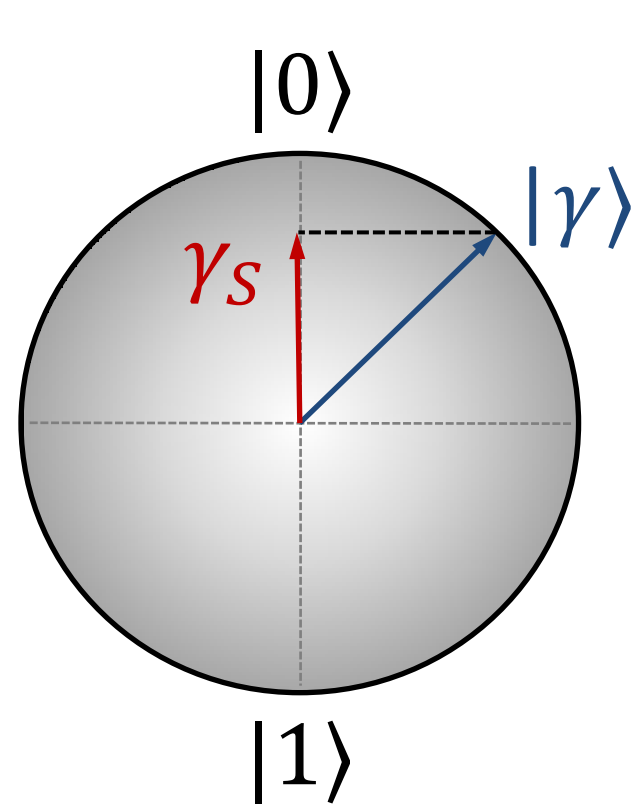


$\gamma_S \propto e^{-\beta H_S}$
 $F(\rho) = \text{Tr}(\rho H_S) - kTS(\rho)$

$W \propto \Delta F(\rho_S) = F(\rho_S) - F(\gamma_S)$
Work \propto Free energy difference

Coherence part of free energy is locked!
 $\rho_S \rightarrow W \Leftrightarrow D(\rho_S) \rightarrow W$
 $D(\rho_S) = \sum_{n,m} |n\rangle\langle n| \rho_S |n\rangle\langle n|$

E.g. The amount of work that can be extracted from pure qubit state $|\gamma\rangle$ is zero.

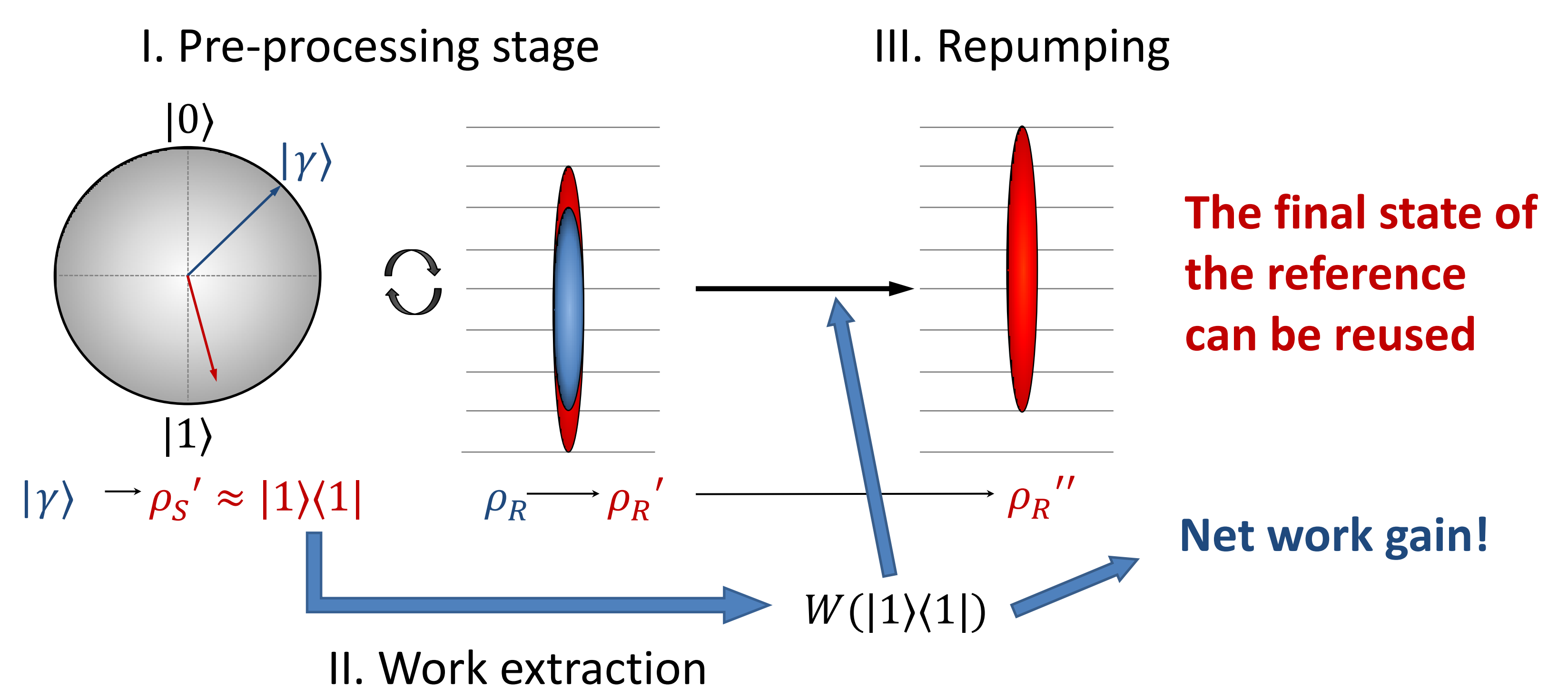


3. Unlocking work with a repeatable resource

Idea: Introduce an ancillary ladder system (reference) with coherence that can be reused infinitely many times

$$H_R = \sum_n \hbar \omega_0 n |n\rangle\langle n|$$

E.g. Single-mode bosonic field in a coherent state $|\alpha\rangle$ or a uniform superposition of energy eigenstates $|\psi_L\rangle \propto \sum_{n=0}^L |n\rangle$.



4. Results

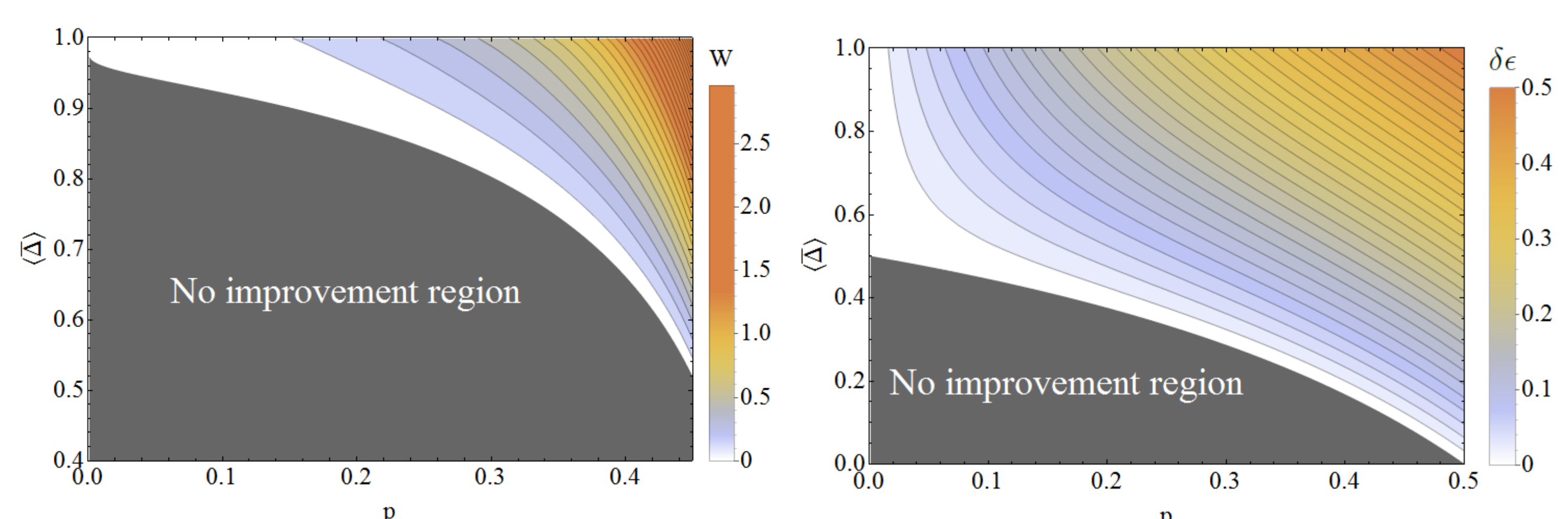
- In the limit of a classical (unbounded) reference (properly defined size $N \rightarrow \infty$) all work can be extracted from coherence:

$$W(\rho_S) \rightarrow \Delta F(\rho_S)$$

- Using a bounded reference the amount of work that can be extracted is strictly smaller than the expected free energy difference:

$$W(\rho_S) < \Delta F(\rho_S)$$

- Explicit protocols for bounded reference frames (described by quality parameter $\langle \bar{\Delta} \rangle$) extracting work from coherence in single-shot and asymptotic scenarios.



Work extraction from a qubit state $|\gamma\rangle = \sqrt{1-p}|0\rangle + \sqrt{p}|1\rangle$ (where p is the thermal occupation of excited state).

Left: Asymptotic scenario.

Right: Single-shot scenario ($\delta\epsilon$ - the decrease in failure probability)