

# A survey on Hit-and-run algorithm

Siyu Liu

January 2026

## 1 Introduction

**Problem:** sample uniformly from a convex body  $K$  in  $\mathbb{R}^n$

**Algorithm (Hit-and-run):**

It's a Markov Chain with transition:

- From a starting point  $X_t$ ,
- sample uniformly a direction  $\vec{u}$  from  $\mathbb{S}^{n-1}$  (sphere in  $\mathbb{R}^n$ )
- sample  $X_{t+1}$  uniformly from  $K \cap (X_t + \theta \vec{u})$ ,  $\theta \in \mathbb{R}$
- move to  $X_{t+1}$ .

Sometimes it's not that simple to sample from an arbitrary line.  
So we have

**Algorithm (coordinate Hit-and-run):**

First fix a set of orthonormal basis  $\{e_i\}_{i=1}^n$ .

One step transition:

- sample uniform  $i \leftarrow [n]$ .
- sample  $X_{t+1}$  uniformly from  $K \cap (X_t + \theta e_i)$ ,  $\theta \in \mathbb{R}$
- move to  $X_{t+1}$ .

## 2 Previous Result:

The fundamental work mainly due to great mathematician László Lovász.

## 2.1 Upper bound

**Theorem 1** (Lovász). *For a convex body  $K \subseteq \mathbb{R}^n$ ,  $B_2 \subseteq K \subseteq R \cdot B_2$ , where  $B_2$  is  $\ell_2$ -norm ball. Hit-and-run algorithm mixes in  $\tilde{O}(n^2 R^2)$  from a “warm-start” or from arbitrary interior point.*

*To be specific, call distribution  $\nu$  is  $M$ -warm w.r.t.  $\pi$  if the Radon-Nikodym derivative  $\frac{d\nu}{d\pi}$  is pointwise bounded  $\leq M$ . If  $x_0$  is sampled from a  $M$ -warm starting distribution w.r.t. uniform, then Hit-and-run gets  $\varepsilon$ -approximate to uniform in Total Variance after  $\tilde{O}\left(n^2 R^2 \log \frac{M}{\varepsilon}\right)$  steps.*

*Furthermore, if  $x_0$  is any interior point at distance  $d$  from the boundary, then Hit-and-run gets  $\varepsilon$ -approximate to uniform in total variance after  $\tilde{O}\left(n^3 R^2 \log \frac{R}{d\varepsilon}\right)$  steps.*

Later, Lovász generalized it to sampling any log-concave distribution.

First we shall generalize the algorithm.

Now we aim to sample from given distribution  $\pi$  on  $\mathbb{R}^n$ .

### Hit-and-run(Gibbs sampling version)

one step transition:

- sample a direction  $\vec{u}$  uniformly from  $S^{n-1}$
- sample  $X_{t+1}$  with density  $\pi_{\vec{u}}(x) \propto \pi(x \mid x \in \{X_t + \theta \vec{u}\})$
- move to  $X_{t+1}$

**Theorem 2** (Lovász). *Let  $f$  be a  $c$ -isotropic log-concave density function in  $\mathbb{R}^n$ . Hit-and-run gets  $\varepsilon$ -approximate to  $f$ 's distribution in total variance after  $O\left(\frac{c^4 M^4 n^3}{\varepsilon^4} \log^3 \frac{2M}{\varepsilon}\right)$  steps from a  $M$ -warm start,*

*where  $c$ -isotropic refers to  $\frac{1}{c} \leq \int_{\mathbb{R}^n} (v^T x)^2 f(x) dx \leq c$  for every unit vector  $v$  and  $\int_{\mathbb{R}^n} x f(x) dx = 0$ .*

## 2.2 Lower bound

Recall

Spectral gap  $\gamma$  is defined as  $(1 - \text{second largest eigenvalue } \lambda_2)$  for reversible Markov chain  $P$ . Formally,

$$\lambda_2 := \sup_{\substack{\|g\|_\pi=1 \\ E_\pi[g]=0}} \langle Pg, g \rangle_\pi$$

Also, we have

$$\gamma = \inf_g \frac{\mathcal{E}(g, g)}{\text{Var}_\pi(g)}$$

where

$$\begin{aligned}\mathcal{E}(f, g) &= \langle f, Lg \rangle_\pi \quad (L = I - P \text{ is Laplacian.}) \\ &= \frac{1}{2} \iint (f(x) - f(y))(g(x) - g(y)) P_{x \rightarrow dy} \pi(dx)\end{aligned}$$

is the Dirichlet form.

The conductance  $\Phi(P)$  is defined by  $\inf_{\pi(S) \leq \frac{1}{2}} \frac{\int_S P_{x \rightarrow S^c} \pi(dx)}{\pi(S)}$

**Lemma 1** (Spectral Gap theorem). *Mixing time of reversible Markov chain  $P$  has lower bound*

$$\tau(\varepsilon) \geq \frac{1 - 2\varepsilon}{2} \frac{1}{\Phi(P)}$$

Recall Cheeger's inequality:  $\frac{\gamma}{2} \leq \Phi(P) \leq \sqrt{2\gamma}$ .  
So  $\tau(\varepsilon) \geq \frac{1-2\varepsilon}{2} \cdot \frac{1}{\sqrt{2\gamma}}$ .

**Observation 1.** *Consider a cylinder  $B_2^{n-1} \times [-D, D]$ . Hit-and-run mixing time is lower bounded by  $\Omega(n^2 D^2)$ . The intuition is that each step projected to the axis of the cylinder is  $\Theta(\frac{1}{n})$ . So it takes  $\Omega(n^2 D^2)$  for this random walk to cover the whole axis.*

*This result means Lovász's analysis is optimal in general setting.*

## 2.3 Further work

There're several directions for improvements.

1. The cylinder counterexample is trivially bad, namely it's not isotropic at all. Then uniformly choose a direction in hit-and-run algorithm will be inappropriate. Can we give more tight analysis for isotropic distribution? (see "Hit-and-run mixing via localization schemes")
2. A higher point of view for hit-and-run is Gibbs sampling, roughly each time choose a subspace and update this subspace according to its marginal probability while maintaining the others. Can we generalize it to Gibbs sampling? (see "Entropy contraction of Gibbs sampler under log-concavity")
3. Coordinate hit-and-run is practically faster than hit-and-run in industry. However, neither upper nor lower bound was established before. Can we use the similar method to analyze Coordinate hit-and-run? (see "On the mixing time of coordinate Hit-and-Run")

We dive into each in order.

### 3 “Hit-and-run mixing via localization schemes”

#### 3.1 Main result:

- Cheeger’s isoperimetric constant of a measure  $\nu$ :

$$\psi_\nu := \inf_{A \subseteq \mathbb{R}^n} \frac{\int_{\partial A} \nu}{\min\{\nu(A), 1 - \nu(A)\}}$$

- A measure  $\nu$  is **isotropic** if  $\mathbb{E}_{X \sim \nu}[X] = 0$  and  $\text{Var}_{X \sim \nu}[X] = I_n$ .  
A convex body is **isotropic** if the uniform distribution on it is isotropic.

**Theorem 3.** *Let  $\mu$  be uniform distribution on isotropic convex body  $K \subset \mathbb{R}^n$ . Then there exists constant  $C, c > 0$  s.t. for  $n \geq c \log \frac{M}{\varepsilon}$ , from a  $M$ -warm start initial distribution  $\mu_{init}$ , the  $\varepsilon$ -mixing time of hit-and-run is:*

$$\leq C \cdot \frac{n^2}{\psi_n^2} \left( \frac{M}{\varepsilon} \right)^{11} \log^5 \frac{M}{\varepsilon} = \tilde{O} \left( \frac{n^2}{\psi_n^2} \right)$$

where  $\psi_n = \inf_{\substack{\nu \text{ isotropic, log-concave} \\ \text{on } \mathbb{R}^n}} \psi_\nu$ .

**Remark 1.** For isotropic convex  $K$ , “diameter”  $R$  is “typically”  $\tilde{O}(\sqrt{n})$ .

By “typically”, we mean all but a fraction of  $\varepsilon$  of  $K$  is contained in a ball of  $2\sqrt{2n \log \frac{1}{\varepsilon}}$ . The outside part is negligible within  $\varepsilon$  total variance from uniform.

In fact, we remark by the way here that for general convex body  $K$ , we can also find an affine transformation converting it to a near isotropic one, giving  $R$  an upper bound  $\tilde{O}(\sqrt{n})$  in consequent hit-and-run.

We give a heuristic statement of it here.

Start from  $i = 0$ .  $K_0 = B_2 \subseteq K$ .  $K_i = K \cap 2^{\frac{i}{n}} B_2$ .

$K_0$  is isotropic, so we can sample efficiently.

Provided that  $K_i$  is 2-isotropic, then  $K_{i+1}$  is 6-isotropic.

Sample  $\tilde{O}(n)$  points uniformly from  $K_{i+1}$  to approximate the Variance of  $K_{i+1}$ .

Given variance  $\Sigma$  of  $K_{i+1}$ ,  $x \mapsto \Sigma^{-\frac{1}{2}} x$  (affine transformation) brings  $K_{i+1}$  to be isotropic. An estimate of  $\Sigma$  can give an affine transformation bringing  $K_{i+1}$  to be 2-isotropic. Continue the iteration until  $i = O(n \log R)$ .  $K = K \cap RB = K_{n \cdot \log R}$  is 2-isotropic after affine transformation.

**Remark 2.**  $\psi_n \gtrsim \frac{1}{\log^5(n)}$ . So the result improved  $\tilde{O}(n^2 R^2)$  to  $\tilde{O}(n^2)$ .

#### 3.2 Proof technique: (Localization scheme)

**Remark.** It’s a very brief sketch of what localization scheme does.

We first introduce a powerful conclusion in terms of bounding mixing time, which we’ll use many times.

**Theorem 4** (Lovász, Simonovits). *Let  $S \subseteq \mathbb{R}^n$  with finite measure.  $P$  be a Markov chain on  $S$ ,  $\mu_0$  is initial distribution,  $\pi$  is stationary. Assume  $\pi$  is atom-free, i.e.  $\pi(\{u\}) = 0 \quad \forall u \in S$ .*

*Fix  $0 < s < \frac{1}{2}$ , let  $H_s := \sup_{A \subseteq S: \pi(A) \leq s} (\mu_0(A) - \pi(A))$ .*

*The  $s$ -conductance  $\bar{\Phi}_s := \inf_{A: s < \pi(A) \leq \frac{1}{2}} \frac{\int_A P_{x \rightarrow A^c} \pi(dx)}{\pi(A) - s}$ .*

*$\mu_k$  is the distribution after  $k$  step Markov transition.*

*Then  $\forall k$ ,*

$$d_{TV}(\mu_k, \pi) \leq \left(1 + \frac{(1 - \Phi_s^2/2)^k}{s}\right) H_s$$

*In particular, for a  $M$ -warm start  $\mu_0$ ,  $H_s \leq s \cdot M$ , and*

$$d_{TV}(\mu_k, \pi) \leq M \cdot s + M \left(1 - \frac{\Phi_s^2}{2}\right)^k$$

We lower bound  $\Phi_s$  by localization scheme.

Basic idea: Hit-and-run finds it difficult to get rid of the boundary; When trapped in boundary, movement has low probability. Uniform distribution has rather large probability in boundary. We consider turn to a more interiorly “localized” distribution.

**Stochastic localization process (SL):** defined as

$$\mu_t(x) \propto \exp\left(c_t^T x - \frac{1}{2} x^T B_t x\right) \mu_0(x)$$

where

$$\begin{aligned} dc_t &= C_t^{1/2} dW_t + C_t b(\mu_t) dt \\ dB_t &= C_t dt \\ b(\mu_t) &= \int x \mu_t(x) dx \end{aligned}$$

$C_t$ , called control matrix, is positive semi-definite.

Here we take  $G_t = I_n$  for all  $t$ .

It turns out  $\mu_t$  is a truncated Gaussian.

A **truncated Gaussian on  $K$**  is with density

$$\nu_{\beta, m}(x) \propto e^{-\frac{m}{2} \|x - \beta\|^2} \mathbf{1}_K.$$

We have

$$\mu_t = \nu_{\frac{c_t}{t}, t}$$

It turns out  $\frac{c_t}{t}$  is an interior point with large probability, resulting in convenient analysis for  $s$ -conductance on  $\mu_T$ .

It remains to be shown  $s$ -conductance on  $\mu_T \leq s$ -conductance on  $\mu_0$ . This is shown by proving Dirichlet form

$$D_t := \mathcal{E}_{P_{\bullet \rightarrow \bullet}(\mu_t)}(f, f)$$

is a super-martingale.

Note  $\int_S P_{x \rightarrow S^c} \mu(dx) = \mathcal{E}(\mathbf{1}_S, \mathbf{1}_S)$ .

So  $\int_S P_{x \rightarrow S^c} \mu_0(dx) \geq \mathbb{E} \left[ \int_S P_{x \rightarrow S^c}^{\mu_T} \mu_T(dx) \right]$  via super-martingale.

We still need so called “approximate conservation of variance”, stating that for  $E$  with  $\mu_0(E)$  away from 0 and 1, so does  $\mu_t(E)$ .

A combination of these ingredients give lower bound of  $s$ -conductance.

## 4 “Entropy contraction of Gibbs sampler under log-concavity”

**Remark.** I didn’t get much intuition from the proof technique other than the beautiful deduction, so I omit it here.

### 4.1 Algorithm (Random Scan Gibbs Sampler)

Goal: sample from  $\pi$  on  $\mathbb{R}^d = \mathcal{X} = \mathcal{X}_1 \times \cdots \times \mathcal{X}_M$ .

Transition:

- sample  $m \in [M]$  uniformly.
- sample  $X^{(t+1)}$ ’s  $m$ -th dimension  $X_m^{(t+1)}$  from its marginal  $\pi(\cdot \mid X_{-m}^{(t)})$ , where  $X_{-m}^{(t)} = (X_1^{(t)}, \dots, X_{m-1}^{(t)}, X_{m+1}^{(t)}, \dots, X_M^{(t)})$ .
- update  $X^{(t)}$ ’s  $m$ -th dimension with  $X_m^{(t+1)}$ , remain the other the same.

### 4.2 Requirement for $\pi$ :

**Requirement A:**  $\pi$  has density  $\exp(-U)$  and  $U : \mathbb{R}^d \rightarrow \mathbb{R}$  is

- (i)  $L$ -smooth:  $\nabla U : \mathbb{R}^d \rightarrow \mathbb{R}^d$  is  $L$ -Lipschitz.
- (ii)  $\lambda$ -convex:  $U(x) - \frac{\lambda}{2} \|x\|^2$  is convex.

$\kappa = L/\lambda$  be the condition number.

**Requirement B:**  $\pi$  has density  $\exp(-U)$  and  $U$  decomposes as

$$U(x) = U_0(x) + \sum_{m=1}^M U_m(x_m)$$

where  $U_m : \mathcal{X}_m \rightarrow \mathbb{R}$  is convex for  $m = 1, \dots, M$ .  $U_0 : \mathbb{R}^d \rightarrow \mathbb{R}$  satisfies

- (i)  $\mathcal{X}_m \mapsto U_0(\dots, x_m, \dots)$  is  $L_m$ -smooth for every  $m = 1, \dots, M$  and every assignment to "...".
- (ii)  $U_0(x) - \frac{\lambda^*}{2} \sum_{m=1}^M L_m \|x_m\|^2$  is convex.  
 $\kappa^* = \frac{1}{\lambda^*}$  be coordinate-wise condition number.

**Lemma 2.** *A implies B with  $1 \leq \kappa^* \leq \kappa$ .*

### 4.3 Main Result:

**Theorem 5.** *Let  $\pi$  satisfy Assumption B. Then*

$$KL(\mu P^{GS} \| \pi) \leq \left(1 - \frac{1}{\kappa^* M}\right) KL(\mu \| \pi)$$

for every  $\mu$ , where  $P^{GS}$  is Gibbs sample Markov transition kernel.

**Remark 3.** This implies a mixing time of  $\tilde{O}(\kappa^* M \log \frac{1}{\varepsilon})$ .

**Remark 4.** The theorem is tight, by  $\pi$  taken as Gaussian and analyzing spectral gap.

**Theorem 6** (non-strongly convex case). *Let  $\pi$  satisfy Assumption B but  $\lambda^* = 0$ . Let  $x^*$  be minimum point of  $U$ .*

$$R^2 = 2 \sup_{n \geq 0} \int_{\mathbb{R}^d} \left( \sum_{m=1}^M L_m \|x_m - x_m^*\|^2 \right) \mu^{(n)}(dx)$$

Then

$$KL(\mu^{(n)} \| \pi) \leq \frac{2M \max\{KL(\mu^{(0)} \| \pi), R^2\}}{n + 2M}$$

**Remark 5.**  $R$  is analogous to “diameter” in convex body sampling. It implies mixing time of  $\tilde{O}(\frac{M}{\varepsilon})$ .

**Corollary 1.** *Let  $\pi$  satisfy Assumption A. Then*

$$KL(\mu P^{HR} \| \pi) \leq \left(1 - \frac{1}{\kappa d}\right) KL(\mu \| \pi)$$

where  $P^{HR}$  is transition kernel of Hit-and-run on  $\mathbb{R}^d$ .

## 5 “On the mixing time of coordinate Hit-and-Run”

**Remark.** I’d like to dive into proof details a little bit here.

## 5.1 Main result:

**Theorem 7.** *Let  $K \subset \mathbb{R}^n$  be a closed convex body s.t.*

$$B_\infty \subseteq K \subseteq R \cdot B_\infty, \quad B_\infty \text{ is } L_\infty\text{-norm ball.}$$

*Starting from  $M$ -warm distribution, coordinate Hit-and-Run gets  $\varepsilon$ -approximation from uniform in total variance after*

$$k = \tilde{O} \left( \frac{n^7 R^4 M^4}{\varepsilon^4} \right) \text{ steps.}$$

## 5.2 Proof technique:

Basic idea is a mimick to Lovász's proof of Hit-and-run. To lower bound  $s$ -conductance  $\bar{\Phi}_s$ , Lovász introduce an "overlap property" of Hit-and-run, roughly stating that when  $u, v \in K$  are "close", the probability distributions generated by one-step transition from  $u$  and from  $v$  are not too far.

However, overlap property does not hold for coordinate Hit-and-run: If  $u - v$  has nonzero component along all basis, after one step transition, resulting distributions have disjoint support.

However, an auxiliary "Gaussian walk", behaving not so differently from coordinate Hit-and-run, turns out to have overlap property.

**Definition 1** (overlap property). *Let  $K$  be a convex body in  $\mathbb{R}^n$ . A Markov scheme  $P$  on  $K$  is called to have  $(\varepsilon, \delta, \eta)$ -overlap property w.r.t.  $K' \subseteq K$  if*

$$(i) \quad \text{vol}(K') \geq \text{vol}(K)(1 - \varepsilon)$$

$$(ii) \quad \forall \|u - v\|_2 \leq \delta, \quad u, v \in K', \quad \text{we have } d_{TV}(P(u, \cdot), P(v, \cdot)) \leq 1 - \eta$$

**Definition 2** (Gaussian walk). *Given  $X_t$ .*

*Sample  $i \in [n]$  uniformly,  $\kappa \sim N(0, \sigma^2)$*

*Let  $u = X_t + \kappa e_i$ . If  $u \in K$ ,  $X_{t+1} := u$ .*

*If not, reject the proposal,  $X_{t+1} = X_t$ .*

*Denote  $G_v^{(\tau)}$  the distribution of  $X_\tau$  given  $X_0 = v$ .*

**Definition 3** (Robust interior).  $K_\varepsilon := \{x \in K : \forall v, \|v\|_\infty \leq \varepsilon \Rightarrow x + v \in K\}$

**Proposition 1.** *For  $\varepsilon \in (0, 1)$ ,  $K$  is a closed convex body with  $B_\infty \subseteq K$ .*

*Then  $(1 - \varepsilon)K \subseteq K_\varepsilon$ . In particular,  $\text{vol}(K_\varepsilon) \geq (1 - \varepsilon)^n \text{vol}(K)$ .*

**Lemma 3.**  $G^{(t)}$ ,  $t = \lceil 20n \ln n \rceil$  steps regarded as one step transition, has  $(\varepsilon, \sigma, \frac{1}{4})$ -overlap property w.r.t.  $K_{100\sigma \ln n}$ .

It's still not convenient to prove directly.

We approximate  $G^{(\tau)}$ .

Given a multi-index  $\mathbb{I} = (i_1, \dots, i_n) \in \mathbb{N}^n$ , define  $G_{v, \mathbb{I}}$  be the Gaussian centered at  $v$  and with covariance  $\text{diag}(i_j \sigma^2)$ .



Let  $M_{n,\tau} = \left\{ (i_1, \dots, i_n) \mid \sum_{j=1}^n i_j = \tau \right\}$ .  
 $\lambda_{\mathbb{I}} = \binom{\tau}{\mathbb{I}} n^{-\tau}$ , where  $\binom{\tau}{\mathbb{I}} = \frac{\tau!}{\prod_{j=1}^n i_j!}$  is the multinomial coefficient.

The intuition is to enumerate how many times Gaussian walk choose  $e_j$  and temporarily forget to reject the proposal.

**Lemma 4.** Fix  $\sigma$ ,  $\tau = \lceil 20n \ln n \rceil$ . Let  $v \in K$  s.t.  $v \in K_{100\sigma \ln n}$ . Then

$$d_{TV} \left( G_v^{(\tau)}, \sum_{\mathbb{I} \in M_{n,\tau}} \lambda_{\mathbb{I}} G_{v,\mathbb{I}} \right) \leq 2n^{-5}$$

*Proof.* Denote  $\mathcal{H} = \sum_{\mathbb{I} \in M_{n,\tau}} \lambda_{\mathbb{I}} G_{v,\mathbb{I}}$ .

Coupling between  $G_v^{(\tau)}$  and  $\mathcal{H}$ : given pair  $(X_t, X'_t)$ , pick  $i \in [n]$  u.a.r. and  $\kappa \sim N(0, \sigma^2)$ .

- $X_{t+1} = X_t + \kappa e_i$  if the point is in  $K$ .
- $X_{t+1} = X_t$  o.w.

$X'_{t+1} = X'_t + \kappa e_i$ .

Then

$$\begin{aligned} d_{TV}(G_v^{(\tau)}, \mathcal{H}) &\leq \mathbb{P}[X_\tau \neq X'_\tau] \\ &\leq \mathbb{P}[\exists t \leq \tau, \text{proposal at } t \text{ was rejected}] \end{aligned}$$

Suppose  $A_i$  is the number of times  $e_i$  was chosen in the above coupling.

$$\mathbb{P}[\exists i. A_i \geq 50 \ln n] \leq n \cdot \exp\left(-\frac{\tau}{3n}\right) \leq n^{-5}$$

By Gaussian tail bounds,

$$\begin{aligned} &\mathbb{P}[\exists t. \text{proposal at } t \text{ was rejected} \mid A_i \leq 50 \ln n \ \forall i] \\ &\leq \sum_{j=1}^n \sum_{s=1}^{\tau} \exp\left(-\frac{100^2 \sigma^2 \ln^2 n}{100 \sigma^2 \ln n}\right) \leq n^{-90} \end{aligned}$$

So  $\mathbb{P}[\exists t. \text{proposal at } t \text{ was rejected}] \leq 2n^{-5}$ .

□

Bridging via  $G_{v,\mathbb{I}}$ , the overlap-property can be proved.  
The calculation is less of my interest.

Next, we use overlap property to deduce  $s$ -conductance.

**Lemma 5.** Let  $\varepsilon, \delta, \eta \in (0, \frac{1}{2})$ . A reversible Markov scheme  $P$  has  $(\varepsilon, \delta, \eta)$ -overlap property w.r.t.  $K'$ . Then  $\forall S_1, S_2$  a partition of  $K$ ,

$$\begin{aligned}\Phi_\pi(S_1) &\geq \frac{\eta\delta}{4(R-\delta)} \min\{\pi(K' \cap S_1), \pi(K' \cap S_2)\} \\ &\geq \frac{\eta\delta}{4(R-\delta)} \min\{\pi(S_1) - \varepsilon, \pi(S_2) - \varepsilon\}\end{aligned}$$

Thus  $\varepsilon$ -conductance  $\bar{\Phi}_s \geq \frac{\eta\delta}{4(R-\delta)}$ .

*Proof.* Since  $\pi(K') \geq 1 - \varepsilon$ , we have

$$\pi(K' \cap S_1) \geq \pi(S_1) - \varepsilon, \quad \pi(K' \cap S_2) \geq \pi(S_2) - \varepsilon.$$

Consider

$$\begin{aligned}S'_1 &:= \{x \in K' \cap S_1 : P(x, S_2) < \frac{\eta}{2}\} \\ S'_2 &:= \{x' \in K' \cap S_2 : P(x', S_1) < \frac{\eta}{2}\}\end{aligned}$$

By overlap property,  $\text{dist}(S'_1, S'_2) > \delta$ .

$$\begin{aligned}\Phi(S_1, K' \cap S_2) &= \Phi(K' \cap S_2, S_1) \\ &= \int_{K' \cap S_2} P(u, S_1) \pi(du) \\ &\geq \int_{(K' \cap S_2) - S'_2} P(u, S_1) \pi(du) \geq \frac{\eta}{2} \pi((K' \cap S_2) - S'_2)\end{aligned}$$

Combining with an isoperimetric inequality stated below, we finished proof, whose detail is less of my interest.  $\square$

**Theorem 8.** Let  $\delta > 0$ . Fix any  $\ell$ -norm  $\|\cdot\|$ .  $K$  be a convex body, and  $K_1, K_2 \subseteq K$  with  $\text{dist}(K_1, K_2) > \delta$ . Let the diameter of  $K \leq D$ . Then

$$\text{vol}(K - (K_1 \cup K_2)) \geq \frac{2\delta}{D - \delta} \min\{\text{vol}(K_1), \text{vol}(K_2)\}$$

Finally,

**Lemma 6.**

$$\Phi_{\text{Coordinate Hit-and-run}}(S, K - S) \geq \frac{\sigma\sqrt{\pi}}{R\sqrt{2}} \Phi_{\text{Gaussian walk}}(S, K - S)$$

*Proof.* The proof is directly from the Radon-Nikodym derivative between them  $\geq \frac{\sqrt{2\pi}\sigma}{2R}$ .  $\square$

Now we finishing lower bounding  $s$ -conductance.

## 6 Future work

A simple lower bound of coordinate Hit-and-run is also by cylinder, which is  $\Omega(n)$ . There's a large gap here.

Reusing Gibb's sampler's proof is promising since they are quite similar.

However, there's a tricky difference between them. The setting of "Gibbs sampler" require  $\log \pi \in C^1$ , which not contain sampling in convex body.

Whether two settings can be unified is also open.