# Notes on 'BLOCKING CONDUCTANCE AND MIXING IN RANDOM WALKS'

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### 1 SETUP

Continuous state Markov chains. Let  $(K, \mathcal{A})$  be a  $\sigma$ -algebra. For every  $u \in K$ , let  $P_u$  be a probability measure on  $(K, \mathcal{A})$ , and assume that for every  $S \in \mathcal{A}$ , the value  $P_u(S)$  is a measurable function of u. We call  $P_u$  the 1-step transition probability density out of u. The triple  $(K, \mathcal{A}, \{P_u : u \in K\})$  is a Markov chain.

Let  $\mathcal{M}$  be a continuous state Markov chain with no-atoms. Let the **random-stopping Markov chain**  $\rho^m$  be the distribution induced by choosing an integer  $Y \in \{0, 1, \ldots, m-1\}$  uniformly at random, then stopping after Y steps.

Random walks on geometric sets. We specify  $\mathcal{M}$  to be the ball walk in K with step size r. In this walk, at every step, we go from the current point  $x \in K$ , to a random point in  $B(x,r) \cap K$  where B(x,r) is the ball of radius r with center x.

Note that the stationary distribution of  $\mathcal{M}$  is not exactly the uniform measure. Define **local conductance**,  $\ell(x)$ , by

$$\ell(x) = \frac{\operatorname{vol}(K \cap B(x,r))}{\operatorname{vol}(B(x,r))}$$

for  $x \in K$ . Then, letting normalizing constant E be

$$E = \int_{L} \ell(x) dx$$

the stationary distribution  $\pi$  of the ball walk has density function  $\ell/E$ .

**Long-run behavior.** To reason about the long-run convergence of  $\rho$ , we will need to understand what distribution  $\rho$  is convergence towards.

**Assumption 1.** We will assume that our Markov chain is ergodic, time-reversible, atom-free, and has stationary distribution  $\pi$ .

Intuitively, the rate of convergence is affected by how quickly the random walk can escape bottlenecks. The **ergodic flow** is defined for  $X, Y \in \mathcal{A}$  by

$$Q(X,Y) := \int_{X} P_{x}(Y)d\pi(x).$$

Then, we define the **conductance function**  $\Psi(t)$  for  $t \in (0,1)$  to be

$$\Psi(t) := \min_{\substack{S \subset V, \\ \pi(S) = t}} Q(S, K \setminus S).$$

Large conductance functions mean that there are less pronounced bottlenecks, and therefore  $\rho$  should mix faster.

We will also need to formalize what type of convergence we are referring to. Define the **total variation distance**  $d_{TV}$  between two measures  $\mu$  and  $\nu$  defined over  $(K, \mathcal{A})$  to be

$$d_{TV}(\mu, \nu) = \sup_{A \in \mathcal{A}} |\mu(A) - \nu(A)|.$$

Define the **total variation mixing time**  $\tau_{TV}$  of a sequence of distributions  $\rho^1, \rho^2, \ldots$  converging to stationary distribution  $\pi$  to be

$$\min \left\{ T : d_{TV}(\rho^t, \pi) \le 1/4 \text{ for all } t \ge T \right\}.$$

**Local spread.** Markov chains on geometric sets will have the nice property that the chain quickly disperses probability out of small sets. To quantify this, we introduce  $\xi(A)$  to be

$$\xi(A) := \inf \{ P_u(K \setminus A) : u \in A \} \quad \xi(t) = \inf \{ \xi(A) : \pi(A) = t \} \quad (0 \le t \le 1).$$

Intuitively, on geometric sets,  $\xi(t)$  should be large when t is small. Define the **local spread**,  $\pi_1$ , to be

$$\pi_1 := \inf \{ t : \xi(t) \le 1/10 \}$$

Part of the theory developed allows us to ignore sets S of stationary probability less than  $\pi_1$ .

### 2 RESULTS

**Theorem 1.** Consider a continuous state Markov chain  $\mathcal{M}$  which satisfies Assumption 1, and further assume  $\xi(a) > 0$  for some a > 0. Suppose that for some A, B > 0, an inequality of the form

$$\Psi(x) \ge \min\left\{Ax, Bx \ln(1/x)\right\} \tag{1}$$

holds for all  $a \le x \le 1/2$ . Then

$$d(\rho^m, \pi) \le \frac{8 \ln m}{m\xi(a)} + \frac{1}{m} \left(\frac{32}{A^2} \ln \left(\frac{1}{a}\right) + \frac{100}{B^2}\right)$$

To use Theorem 1, we will need to both find a and assert (1) holds for  $x \ge a$ .

**Theorem 2.** The local spread of the proper move walk satisfies  $\pi_1 \geq \frac{1}{2}(r/D)^{2d}$ .

**Theorem 3.** Suppose that K is a convex set in  $\mathbb{R}^d$  with diameter at most D, containing the unit ball B = B(0,1), and further that the step size for the ball walk in K satisfies  $r < \frac{D}{100}$ . For 0 < x < 1/2, we have

$$\Psi(x) > \min \left\{ \frac{1}{288\sqrt{d}} x, \frac{r}{81\sqrt{d}D} x \ln(1+1/2) \right\}$$
(2)

Theorem 3 states that the ball walk satisfies (1), and Theorem 2 gives us values for  $\xi(a)$  and a. Deploying Theorem 1 therefore gives us

$$\tau_{TV} = \mathcal{O}\left(d\left(\frac{D}{r}\right)^2 + d^2\ln(D/r)\right)$$

## 3 SUPPLEMENTAL RESULTS

### 4 PROOFS