

# Projected Gradient Descent



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# Constrained optimization problems

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$$\begin{aligned} & \text{minimize}_{\boldsymbol{x}} \quad f(\boldsymbol{x}) \\ & \text{subject to} \quad \boldsymbol{x} \in \mathcal{C} \end{aligned}$$

- $f(\cdot)$ : convex function
- $\mathcal{C} \subseteq \mathbb{R}^n$ : closed convex set

# Stationary Points for Constrained Problems

Let  $C \subseteq \mathbb{R}^d$  be a closed, convex set and let  $f : C \rightarrow \mathbb{R}$  be continuously differentiable.

We consider the constrained problem

$$(P) \quad \min_{x \in C} f(x).$$

## Definition 1 (Stationary point)

A point  $x^* \in C$  is called a stationary point of (P) if

$$\nabla f(x^*)^\top (x - x^*) \geq 0, \quad \forall x \in C.$$

- Interpretation: no feasible descent direction.

# Stationarity Is Necessary for Local Optimality

Let  $C \subseteq \mathbb{R}^d$  be closed and convex, and let  $f : C \rightarrow \mathbb{R}$  be continuously differentiable. Consider

$$(P) \quad \min_{x \in C} f(x).$$

## Theorem 2 (Stationarity as a necessary condition)

If  $x^*$  is a local minimum of  $(P)$ , then  $x^*$  is a stationary point of  $(P)$ , i.e.

$$\nabla f(x^*)^\top (x - x^*) \geq 0, \quad \forall x \in C.$$

# For Convex Problems, Stationary $\Leftrightarrow$ Optimal

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Let  $C \subseteq \mathbb{R}^d$  be closed and convex, and let  $f : C \rightarrow \mathbb{R}$  be continuously differentiable and convex. Consider

$$(P) \quad \min_{x \in C} f(x).$$

## Theorem 3 (Stationarity is necessary and sufficient)

A point  $x^* \in C$  is stationary for  $(P)$ , i.e.

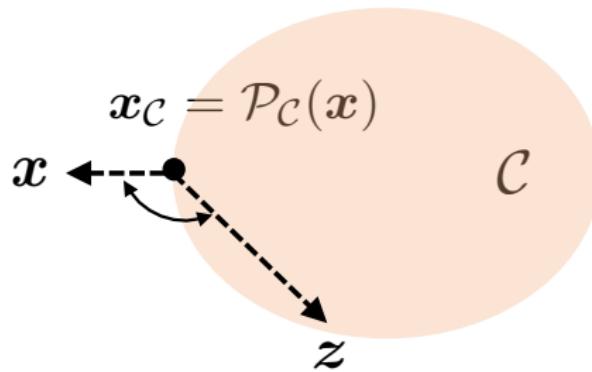
$$\nabla f(x^*)^\top (x - x^*) \geq 0 \quad \forall x \in C,$$

if and only if  $x^*$  is a global optimal solution of  $(P)$ .

# Projection onto Closed and Convex Set

Let  $C \subseteq \mathbb{R}^d$  be nonempty, **closed** and **convex**. Given  $x \in \mathbb{R}^d$ , define the projection

$$x_C := P_C(x) \in \arg \min_{z \in C} \|z - x\|_2^2.$$

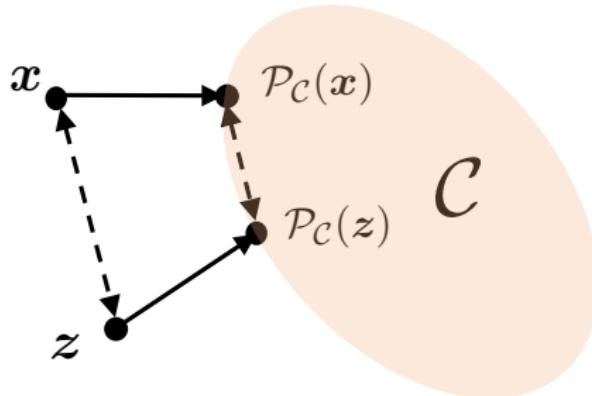


## Fact 4 (Projection theorem)

Let  $\mathcal{C}$  be closed & convex. Then  $x_C$  is the projection of  $x$  onto  $\mathcal{C}$  iff

$$(x - x_C)^\top (z - x_C) \leq 0, \quad \forall z \in \mathcal{C}$$

## Aside: nonexpansiveness of projection operator



### Fact 5 (Nonexpansiveness of projection)

For any  $x$  and  $z$ , one has  $\|\mathcal{P}_{\mathcal{C}}(x) - \mathcal{P}_{\mathcal{C}}(z)\|_2 \leq \|x - z\|_2$

# Projection is Firmly Nonexpansive

Let  $C \subseteq \mathbb{R}^d$  be nonempty, closed, and convex. Denote the projection by

$$P_C(v) := \arg \min_{x \in C} \|x - v\|_2.$$

## Theorem 6

For any  $v, w \in \mathbb{R}^d$ :

- ① (**Firm nonexpansiveness**)

$$(P_C(v) - P_C(w))^\top (v - w) \geq \|P_C(v) - P_C(w)\|_2^2. \quad (9.9)$$

- ② (**Nonexpansiveness**)

$$\|P_C(v) - P_C(w)\|_2 \leq \|v - w\|_2. \quad (9.10)$$

## Key tool: Projection theorem (Theorem 9.8)

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Recall:  $y = P_C(x)$  iff

$$(x - y)^\top (z - y) \leq 0, \quad \forall z \in C. \quad (9.11)$$

We will apply (9.11) twice, with the choices:

$$(x, y, z) = (v, P_C(v), P_C(w)) \quad \text{and} \quad (x, y, z) = (w, P_C(w), P_C(v)).$$

## Step 1: two inequalities from (9.11)

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Substitute  $x = v$ ,  $y = P_C(v)$ ,  $z = P_C(w)$  into (9.11):

$$(v - P_C(v))^\top (P_C(w) - P_C(v)) \leq 0. \quad (9.12)$$

Substitute  $x = w$ ,  $y = P_C(w)$ ,  $z = P_C(v)$  into (9.11):

$$(w - P_C(w))^\top (P_C(v) - P_C(w)) \leq 0. \quad (9.13)$$

## Step 2: add them and rearrange to get (9.9)

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Add (9.12) and (9.13). Noting that

$$(P_C(w) - P_C(v)) = -(P_C(v) - P_C(w)),$$

we obtain

$$(P_C(v) - P_C(w))^{\top}(v - w) \geq \|P_C(v) - P_C(w)\|_2^2,$$

which is exactly (9.9). □

## Step 3: deduce nonexpansiveness (9.10) from (9.9)

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If  $P_C(v) = P_C(w)$ , then (9.10) is trivial.

Otherwise, apply Cauchy–Schwarz:

$$(P_C(v) - P_C(w))^\top (v - w) \leq \|P_C(v) - P_C(w)\|_2 \|v - w\|_2.$$

Combine with (9.9):

$$\|P_C(v) - P_C(w)\|_2^2 \leq \|P_C(v) - P_C(w)\|_2 \|v - w\|_2.$$

Divide by  $\|P_C(v) - P_C(w)\|_2 > 0$  to get

$$\|P_C(v) - P_C(w)\|_2 \leq \|v - w\|_2,$$

which is (9.10). □

# Stationarity $\Leftrightarrow$ Projected-Gradient Fixed Point

Let  $C \subseteq \mathbb{R}^d$  be **closed and convex**, and let  $f : C \rightarrow \mathbb{R}$  be **continuously differentiable**. Fix any stepsize  $s > 0$ .

Consider the constrained problem

$$(P) \quad \min_{x \in C} f(x).$$

## Theorem 7

A point  $x^* \in C$  is a **stationary point** of  $(P)$ , i.e.

$$\nabla f(x^*)^\top (x - x^*) \geq 0 \quad \forall x \in C,$$

*if and only if*

$$x^* = P_C(x^* - s \nabla f(x^*)). \tag{9.14}$$

## **Proof: apply the projection theorem to $x^* - s\nabla f(x^*)$**

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Recall the projection theorem (Theorem 9.8):

$$y = P_C(x) \iff (x - y)^\top(z - y) \leq 0, \quad \forall z \in C.$$

Apply it with

$$x = x^* - s\nabla f(x^*), \quad y = x^*.$$

Then

$$x^* = P_C(x^* - s\nabla f(x^*))$$

holds iff for all  $z \in C$ ,

$$((x^* - s\nabla f(x^*)) - x^*)^\top(z - x^*) \leq 0.$$

## Simplify: fixed point condition $\Leftrightarrow$ stationarity

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The inequality becomes

$$(-s \nabla f(x^*))^\top (z - x^*) \leq 0 \quad \forall z \in C.$$

Since  $s > 0$ , divide by  $s$  and multiply by  $-1$ :

$$\nabla f(x^*)^\top (z - x^*) \geq 0 \quad \forall z \in C.$$

This is exactly the **stationarity condition**. □

## Remark: the condition does *not* really depend on $s$

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Although (9.14) is written with a stepsize  $s > 0$ , the equivalence shows:

$$x^* \text{ stationary} \iff x^* = P_C(x^* - s\nabla f(x^*)) \text{ for any } s > 0.$$

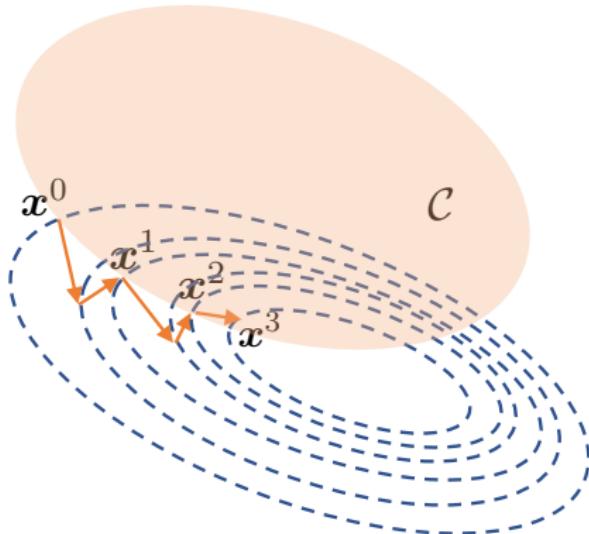
- This is the fixed-point form behind the projected gradient method:

$$x^{t+1} = P_C(x^t - s\nabla f(x^t)).$$

- Stationary points are exactly the fixed points of this iteration.

# **Projected gradient methods**

# Projected gradient descent



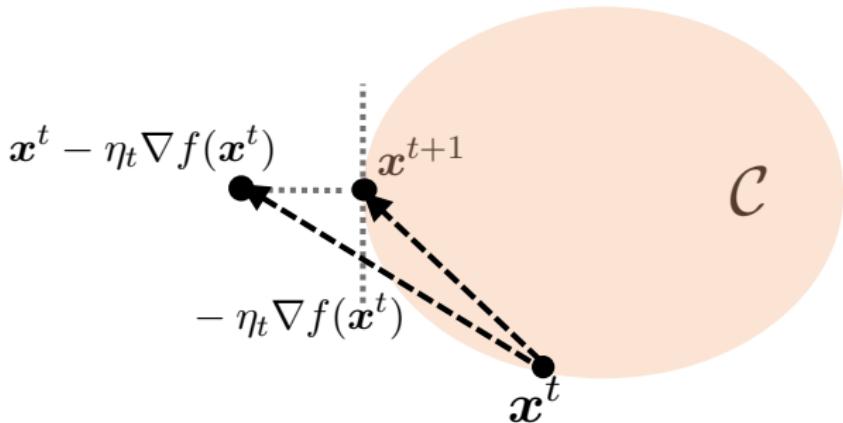
works well if projection  
onto  $\mathcal{C}$  can be  
computed efficiently

for  $t = 0, 1, \dots$ :

$$\mathbf{x}^{t+1} = \mathcal{P}_{\mathcal{C}}(\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t))$$

where  $\mathcal{P}_{\mathcal{C}}(\mathbf{x}) := \arg \min_{\mathbf{z} \in \mathcal{C}} \|\mathbf{x} - \mathbf{z}\|_2^2$  is Euclidean projection onto  $\mathcal{C}$   
quadratic minimization

# Descent direction



From the above figure, we know

$$-\nabla f(\mathbf{x}^t)^\top (\mathbf{x}^{t+1} - \mathbf{x}^t) \geq 0$$

$\mathbf{x}^{t+1} - \mathbf{x}^t$  is positively correlated with the steepest descent direction

# Strongly convex and smooth problems

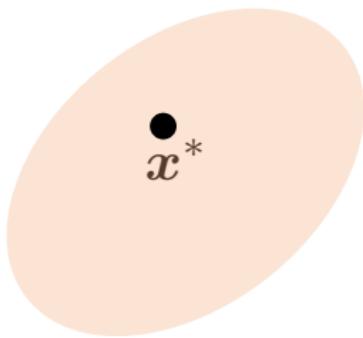
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$$\begin{aligned} & \text{minimize}_{\boldsymbol{x}} \quad f(\boldsymbol{x}) \\ & \text{subject to} \quad \boldsymbol{x} \in \mathcal{C} \end{aligned}$$

- $f(\cdot)$ :  $\mu$ -strongly convex and  $L$ -smooth
- $\mathcal{C} \subseteq \mathbb{R}^n$ : closed and convex

# Convergence for strongly convex and smooth problems

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Let's start with the simple case when  $x^*$  lies in the interior of  $\mathcal{C}$  (so that  $\nabla f(x^*) = \mathbf{0}$ )

# Convergence for strongly convex and smooth problems

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## Theorem 8

Suppose  $\mathbf{x}^* \in \text{int}(\mathcal{C})$ , and let  $f$  be  $\mu$ -strongly convex and  $L$ -smooth.

If  $\eta_t = \frac{2}{\mu+L}$ , then

$$\|\mathbf{x}^t - \mathbf{x}^*\|_2 \leq \left( \frac{\kappa - 1}{\kappa + 1} \right)^t \|\mathbf{x}^0 - \mathbf{x}^*\|_2$$

where  $\kappa = L/\mu$  is condition number

- the same convergence rate as for the unconstrained case

## Proof of Theorem 8

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We have shown for the unconstrained case with  $\nabla f(\mathbf{x}^*) = 0$  that

$$\|\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t) - \mathbf{x}^*\|_2 \leq \frac{\kappa - 1}{\kappa + 1} \|\mathbf{x}^t - \mathbf{x}^*\|_2$$

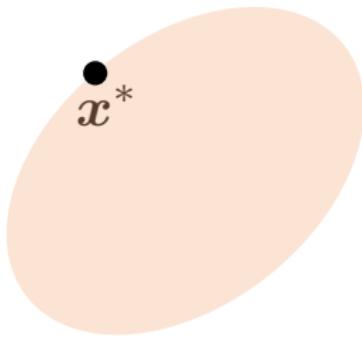
From the nonexpansiveness of  $\mathcal{P}_{\mathcal{C}}$ , we know

$$\begin{aligned}\|\mathbf{x}^{t+1} - \mathbf{x}^*\|_2 &= \|\mathcal{P}_{\mathcal{C}}(\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t)) - \mathcal{P}_{\mathcal{C}}(\mathbf{x}^*)\|_2 \\ &\leq \|\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t) - \mathbf{x}^*\|_2 \\ &\leq \frac{\kappa - 1}{\kappa + 1} \|\mathbf{x}^t - \mathbf{x}^*\|_2\end{aligned}$$

Apply it recursively to conclude the proof

# Convergence for strongly convex and smooth problems

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What happens if we don't know whether  $x^* \in \text{int}(\mathcal{C})$ ?

- main issue:  $\nabla f(x^*)$  may not be  $\mathbf{0}$  (so prior analysis might fail)

# Convergence for strongly convex and smooth problems

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## Theorem 9 (projected GD for strongly convex and smooth problems)

Let  $f$  be  $\mu$ -strongly convex and  $L$ -smooth. If  $\eta_t \equiv \eta = \frac{1}{L}$ , then

$$\|\mathbf{x}^t - \mathbf{x}^*\|_2^2 \leq \left(1 - \frac{\mu}{L}\right)^t \|\mathbf{x}^0 - \mathbf{x}^*\|_2^2$$

- slightly weaker convergence guarantees than Theorem 8

## Proof of Theorem 9: one-step contraction

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Set  $\eta = \frac{1}{L}$  and

$$x^+ := P_C(x - \eta \nabla f(x)), \quad g_C(x) := \frac{1}{\eta}(x - x^+) = L(x - x^+).$$

Then the update is  $x^{t+1} = x^+ = (x^t)^+$ .

**Goal:** show the **one-step contraction**

$$\|x^+ - x^*\|_2^2 \leq \left(1 - \frac{\mu}{L}\right) \|x - x^*\|_2^2,$$

then apply it recursively with  $x = x^t$ .

**Key inequality (from projection):**

$$\langle \nabla f(x) - g_C(x), x^* - x^+ \rangle \leq 0. \quad (\clubsuit)$$

(This is Fact 4 applied to  $x - \eta \nabla f(x)$  and  $x^+ = P_C(\cdot)$ .)

## Two ingredients + one line of algebra

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(1) Smoothness (descent lemma) with  $\eta = \frac{1}{L}$ :

$$f(x^+) \leq f(x) + \langle \nabla f(x), x^+ - x \rangle + \frac{L}{2} \|x^+ - x\|_2^2 = f(x) - \frac{1}{2L} \|g_C(x)\|_2^2. \quad (\text{A})$$

(2) Strong convexity:

$$f(x) - f(x^*) \leq \langle \nabla f(x), x - x^* \rangle - \frac{\mu}{2} \|x - x^*\|_2^2. \quad (\text{B})$$

Combine (A)+(B) and use  $f(x^+) \geq f(x^*)$ :

$$0 \leq f(x^+) - f(x^*) \leq \langle \nabla f(x), x^+ - x^* \rangle + \frac{1}{2L} \|g_C(x)\|_2^2 - \frac{\mu}{2} \|x - x^*\|_2^2. \quad (\text{C})$$

Now apply (♣) to replace  $\langle \nabla f(x), x^+ - x^* \rangle$  by  $\langle g_C(x), x^+ - x^* \rangle$  (projection only helps).

## Finish: regularity $\Rightarrow$ contraction

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From (C) and ( $\clubsuit$ ):

$$\langle g_C(x), x^+ - x^* \rangle \geq \frac{\mu}{2} \|x - x^*\|_2^2 - \frac{1}{2L} \|g_C(x)\|_2^2.$$

Since  $x^+ = x - \frac{1}{L}g_C(x)$ , we have

$$\langle g_C(x), x^+ - x^* \rangle = \langle g_C(x), x - x^* \rangle - \frac{1}{L} \|g_C(x)\|_2^2.$$

Therefore the **regularity inequality** holds:

$$\boxed{\langle g_C(x), x - x^* \rangle \geq \frac{\mu}{2} \|x - x^*\|_2^2 + \frac{1}{2L} \|g_C(x)\|_2^2} \quad (\text{R})$$

Finally,

$$\begin{aligned}\|x^+ - x^*\|_2^2 &= \left\|x - x^* - \frac{1}{L}g_C(x)\right\|_2^2 \\&= \|x - x^*\|_2^2 - \frac{2}{L}\langle g_C(x), x - x^* \rangle + \frac{1}{L^2}\|g_C(x)\|_2^2 \\&\leq \|x - x^*\|_2^2 - \frac{\mu}{L}\|x - x^*\|_2^2 = \left(1 - \frac{\mu}{L}\right)\|x - x^*\|_2^2,\end{aligned}$$

where we used (R). Apply recursively to conclude. □

# Convex and smooth problems

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$$\begin{aligned} & \text{minimize}_{\boldsymbol{x}} \quad f(\boldsymbol{x}) \\ & \text{subject to} \quad \boldsymbol{x} \in \mathcal{C} \end{aligned}$$

- $f(\cdot)$ : convex and  $L$ -smooth
- $\mathcal{C} \subseteq \mathbb{R}^n$ : closed and convex

# Convergence for convex and smooth problems

## Theorem 10 (projected GD for convex and smooth problems)

Let  $f$  be convex and  $L$ -smooth. If  $\eta_t \equiv \eta = \frac{1}{L}$ , then

$$f(\mathbf{x}^t) - f(\mathbf{x}^*) \leq \frac{3L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2 + f(\mathbf{x}^0) - f(\mathbf{x}^*)}{t+1}$$

- similar convergence rate as for the unconstrained case
- cannot replace  $f(\mathbf{x}^0) - f(\mathbf{x}^*)$  with  $\frac{1}{2}L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2$  since in general  $\nabla f(\mathbf{x}^*) \neq 0$

# Proof of Theorem 10

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We first recall our main steps when handling the unconstrained case

**Step 1:** show cost improvement

$$f(\mathbf{x}^{t+1}) \leq f(\mathbf{x}^t) - \frac{1}{2L} \|\nabla f(\mathbf{x}^t)\|_2^2$$

**Step 2:** connect  $\|\nabla f(\mathbf{x}^t)\|_2$  with  $f(\mathbf{x}^t)$

$$\|\nabla f(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^t) - f(\mathbf{x}^*)}{\|\mathbf{x}^t - \mathbf{x}^*\|_2} \geq \frac{f(\mathbf{x}^t) - f(\mathbf{x}^*)}{\|\mathbf{x}^0 - \mathbf{x}^*\|_2}$$

**Step 3:** let  $\Delta_t := f(\mathbf{x}^t) - f(\mathbf{x}^*)$  to get

$$\Delta_{t+1} - \Delta_t \leq -\frac{\Delta_t^2}{2L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2}$$

and complete the proof by induction

## Proof of Theorem 10 (cont.)

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We then modify these steps for the constrained case. As before, set  $\mathbf{g}_C(\mathbf{x}^t) = L(\mathbf{x}^t - \mathbf{x}^{t+1})$ , which generalizes  $\nabla f(\mathbf{x}^t)$  in constrained case

**Step 1:** show cost improvement

$$f(\mathbf{x}^{t+1}) \leq f(\mathbf{x}^t) - \frac{1}{2L} \|\mathbf{g}_C(\mathbf{x}^t)\|_2^2$$

**Step 2:** connect  $\|\mathbf{g}_C(\mathbf{x}^t)\|_2$  with  $f(\mathbf{x}^t)$

$$\|\mathbf{g}_C(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^t - \mathbf{x}^*\|_2} \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^0 - \mathbf{x}^*\|_2}$$

**Step 3:** let  $\Delta_t := f(\mathbf{x}^t) - f(\mathbf{x}^*)$  to get

$$\Delta_{t+1} - \Delta_t \leq -\frac{\Delta_{t+1}^2}{2L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2}$$

and complete the proof by induction

## Proof of Theorem 10 (cont.)

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**Main pillar:** generalize smoothness condition (under convexity) as follows

### Lemma 11

Suppose  $f$  is convex and  $L$ -smooth. For any  $\mathbf{x}, \mathbf{y} \in \mathcal{C}$ , let  $\mathbf{x}^+ = \mathcal{P}_{\mathcal{C}}(\mathbf{x} - \frac{1}{L}\nabla f(\mathbf{x}))$  and  $g_{\mathcal{C}}(\mathbf{x}) = L(\mathbf{x} - \mathbf{x}^+)$ . Then

$$f(\mathbf{y}) \geq f(\mathbf{x}^+) + g_{\mathcal{C}}(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}) + \frac{1}{2L} \|g_{\mathcal{C}}(\mathbf{x})\|_2^2$$

## Proof of Theorem 10 (cont.)

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**Step 1:** set  $\mathbf{x} = \mathbf{y} = \mathbf{x}^t$  in Lemma 11 to reach

$$f(\mathbf{x}^t) \geq f(\mathbf{x}^{t+1}) + \frac{1}{2L} \|g_C(\mathbf{x}^t)\|_2^2$$

as desired

**Step 2:** set  $\mathbf{x} = \mathbf{x}^t$  and  $\mathbf{y} = \mathbf{x}^*$  in Lemma 11 to get

$$\begin{aligned} 0 &\geq f(\mathbf{x}^*) - f(\mathbf{x}^{t+1}) \geq g_C(\mathbf{x}^t)^\top (\mathbf{x}^* - \mathbf{x}^t) + \frac{1}{2L} \|g_C(\mathbf{x}^t)\|_2^2 \\ &\geq g_C(\mathbf{x}^t)^\top (\mathbf{x}^* - \mathbf{x}^t) \end{aligned}$$

which together with Cauchy-Schwarz yields

$$\|g_C(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^t - \mathbf{x}^*\|_2} \quad (1)$$

## Proof of Theorem 10 (cont.)

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It also follows from our analysis for the strongly convex case that (by taking  $\mu = 0$  in Theorem 9)

$$\|\mathbf{x}^t - \mathbf{x}^*\|_2 \leq \|\mathbf{x}^0 - \mathbf{x}^*\|_2$$

which combined with (1) reveals

$$\|\mathbf{g}_C(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^0 - \mathbf{x}^*\|_2}$$

**Step 3:** letting  $\Delta_t = f(\mathbf{x}^t) - f(\mathbf{x}^*)$ , the previous bounds together give

$$\Delta_{t+1} - \Delta_t \leq -\frac{\Delta_{t+1}^2}{2L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2}$$

Use induction to finish the proof (which we omit here)

# Proof of Lemma 11

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$$\begin{aligned} f(\mathbf{y}) - f(\mathbf{x}^+) &= f(\mathbf{y}) - f(\mathbf{x}) - (f(\mathbf{x}^+) - f(\mathbf{x})) \\ &\geq \underbrace{\nabla f(\mathbf{x})^\top (\mathbf{y} - \mathbf{x})}_{\text{convexity}} - \underbrace{\left( \nabla f(\mathbf{x})^\top (\mathbf{x}^+ - \mathbf{x}) + \frac{L}{2} \|\mathbf{x}^+ - \mathbf{x}\|_2^2 \right)}_{\text{smoothness}} \\ &= \nabla f(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}^+) - \frac{L}{2} \|\mathbf{x}^+ - \mathbf{x}\|_2^2 \\ &\geq \mathbf{g}_C(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}^+) - \frac{L}{2} \|\mathbf{x}^+ - \mathbf{x}\|_2^2 \quad (\text{by (??)}) \\ &= \mathbf{g}_C(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}) + \mathbf{g}_C(\mathbf{x})^\top \underbrace{(\mathbf{x} - \mathbf{x}^+)}_{=\frac{1}{L}\mathbf{g}_C(\mathbf{x})} - \frac{L}{2} \|\underbrace{\mathbf{x}^+ - \mathbf{x}}_{=-\frac{1}{L}\mathbf{g}_C(\mathbf{x})}\|_2^2 \\ &= \mathbf{g}_C(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}) + \frac{1}{2L} \|\mathbf{g}_C(\mathbf{x})\|_2^2 \end{aligned}$$

# Summary

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- Frank-Wolfe: projection-free

|                          | stepsize rule               | convergence rate            | iteration complexity                  |
|--------------------------|-----------------------------|-----------------------------|---------------------------------------|
| convex & smooth problems | $\eta_t \asymp \frac{1}{t}$ | $O\left(\frac{1}{t}\right)$ | $O\left(\frac{1}{\varepsilon}\right)$ |

- projected gradient descent

|                                   | stepsize rule          | convergence rate                                    | iteration complexity                              |
|-----------------------------------|------------------------|---|---|
| convex & smooth problems          | $\eta_t = \frac{1}{L}$ | $O\left(\frac{1}{t}\right)$                         | $O\left(\frac{1}{\varepsilon}\right)$             |
| strongly convex & smooth problems | $\eta_t = \frac{1}{L}$ | $O\left(\left(1 - \frac{1}{\kappa}\right)^t\right)$ | $O\left(\kappa \log \frac{1}{\varepsilon}\right)$ |