Alg: Gira Xn Do: Compute Xn+1 Algo => {xn, n20} a m.c. with initial dist vo and trans karn. P (x) Assnm P is TI-reversible TP=TT when MP(A) = |m(dx)P(x,A)Note that: TP(Xn EA) = Vopr (A) (x) Assume P is lazy P(x, [x3) = 1/2

Define

$E(4x) = \frac{1}{2} \iint (f(x) - f(x))^2 \pi(xx) P(xx)$

Thrm: Suppose $r_0(dx) = f_0(x)\pi(dx)$: $f_0 \in L^2$ then $||r_0p^n-r_1||_{TU}^2 \leq V_{-r_T}(f_0) \left(|-S_{perhop}\right)^n$

Choal: Bounds of E(S,t) gives results on the mixing.

Romb: E(f,f) portting constaints on the gap between 2, >22.

Pf: Recall IIv-MITV = SIfr(m)-f,(x) | dx Vo P(A) = Sro(dx) P(x,A)

= \int f_0(x) T(dx) P(x, dy) 1A(y).

Cime lity (ensite) = \[\begin{aligned}
\(\alpha \rightarrow \in \alpha \rightarrow \alp

$$= \int_{\mathbb{T}} \int_{\mathbb{T}} (dx) \int_{\mathbb{T}} P(x, dy) f_{o}(y)$$

So the Rador - Nihidym Minsidy W.V-l. TT

$$\frac{d(v_0, p)}{d\pi}(x) = \int P(x, d_g) f_0(y)$$

Similarly, $\frac{d(rop)}{dT}(x) = \int p^n(x,dy)f_0(y)$ $= p^n f_0(x)$

$$= 17.7^{\circ} - 11/10 = (5174.6)^{2}$$

Inus (pf. (N-1)2 T(dx)

Nut (Pf) - Var (f) = # (Pf)2) - # (f2)

=
$$\{Pf, Pf\} - \{f, f\}\}$$

= $\{f, Pf\} - \{f, f\}\}$

* $Pf(x) = \{P(x, dy) f G\}$

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= $\{\pi(d_b) f(x)\}$

That

= $\frac{1}{2} \{f(y) - f(x) \} \pi(d_b) P^2(x, d_y)$

Note that

$$\int_{A} \pi(\lambda x) p^{2}(x,B) = \int_{A} \pi(\lambda x) \int_{A} p(x\lambda z) p(z,\beta)$$

$$\geq \int \Pi(Ax) \int P(x,dz) P(z,B) +$$

$$A \qquad \{x\}$$

$$\geq \frac{1}{2} \int_{A}^{A} \pi(Ux) P(x,B) + \frac{1}{2} \int_{A}^{B} \pi(Ux) P(x,B)$$

But

So

Spec Gap (P) = inf
$$\left\{ \frac{1}{2} \int \int (f(y) - f(x))^2 \pi(dx) P(x, dy) \right\}$$

If $P(x, ly) \ge \alpha \pi(dy)$ then

Speckup (P) \geq \delta \quad \text{minorization}

Simple field the state of th

Ex: Inspendent M. H.

Suppose we take f = 1 A

 $= \frac{1}{2} \int \int (f(y) - f(x))^{2} \pi (\Lambda x) \pi (\Lambda y)$

T(A)(1-T(A) (denomenator)

=) = (T(A) +T(A) - Z ST (Ax) P(x, A))

Define the conducture of the henry.

$$\phi(P) = \inf \left\{ \frac{\int \pi(Ax)P(x,A^{1})}{T(A)\pi(A^{2})}, O < T(A) < 1 \right\}$$

Notice that

So people normally lever bound conductance for Rosalts on Spea Aup. Rocks: F Combine minerizetrant drift to L.B.

Spee gap.

- Healer conept on sputhel gap.
- @ Ind Metropolis.