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f^* is δ -strongly convex iff: $f^*(y) \geq f^*(x) + g^T(y-x) + \frac{\delta}{2} \|y-x\|^2$
 $\forall x, y \in \text{dom } f^* \quad \forall g \in \partial f^*(x)$

if $x \in \partial f^*(y)$, $\bar{x} \in \partial f^*(\bar{y})$, we have:

$$\rightarrow f^*(\bar{y}) - f^*(y) \geq \bar{x}^T(\bar{y}-y) + \frac{\delta}{2} \|y-\bar{y}\|_2^2$$

$$\rightarrow f^*(y) - f^*(\bar{y}) \geq x^T(y-\bar{y}) + \frac{\delta}{2} \|y-\bar{y}\|_2^2$$

Adding these inequalities shows:

$$\delta \|y-\bar{y}\|_2^2 \leq (x-\bar{x})^T(y-\bar{y}) \leq \|x-\bar{x}\| \|y-\bar{y}\|$$

\uparrow
 Cauchy-Schwarz

Putting $y = \nabla f(x)$, $\bar{y} = \nabla f(\bar{x})$

$$\delta \|\nabla f(x) - \nabla f(\bar{x})\|_2^2 \leq \|x-\bar{x}\| \|\nabla f(x) - \nabla f(\bar{x})\|$$

$$\therefore \|\nabla f(x) - \nabla f(\bar{x})\| \leq \frac{1}{\delta} \|x-\bar{x}\|$$

$$\therefore \nabla f(x) \text{ is Lip. Cont. with } L = \frac{1}{\delta}$$