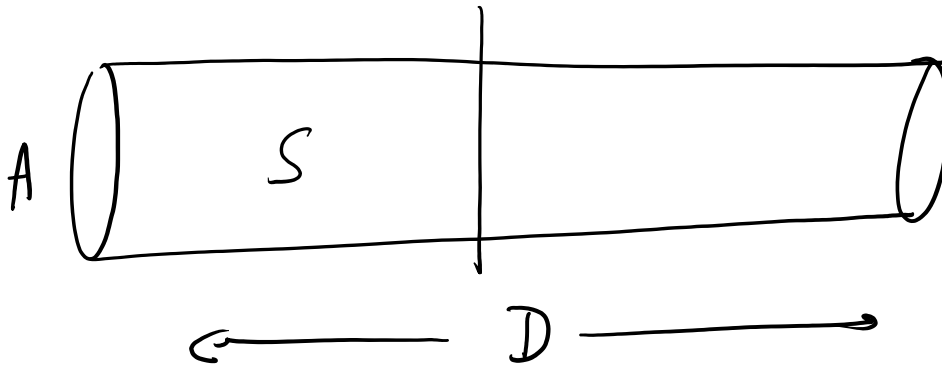


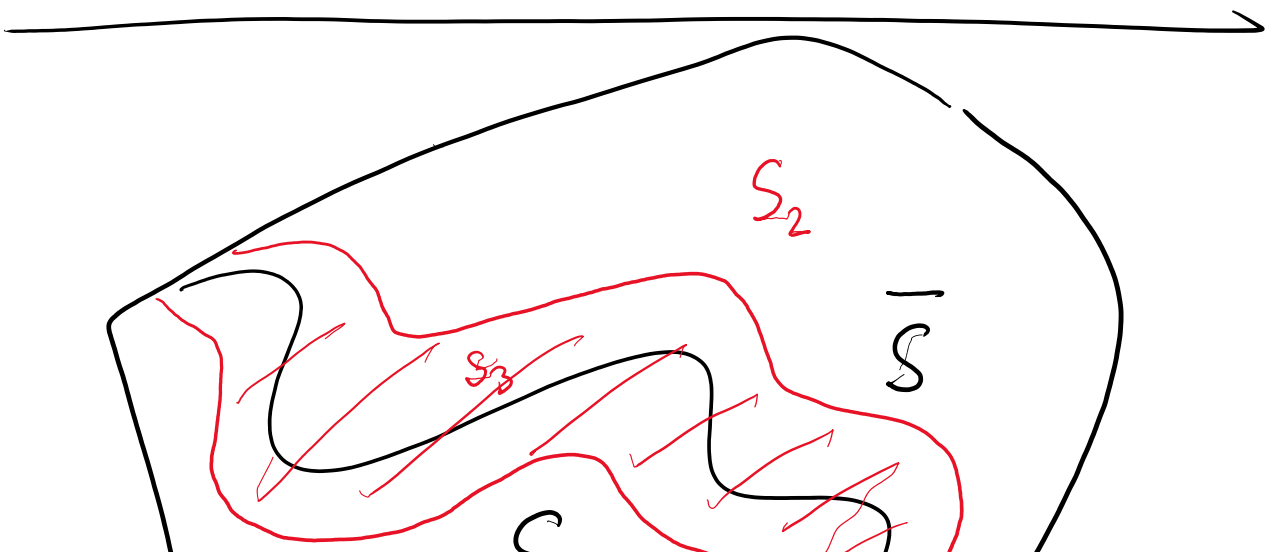
~~4hr~~ So now our goal is to bound  $\phi$  conductance from below.



$$\Psi(S) = \frac{A}{A \cdot D/2} = \frac{2}{D} \dots$$

$$\phi(s) = \Omega\left(\frac{2}{D} \cdot \frac{s}{\sqrt{n}}\right) \quad \frac{1}{\phi^2} = O\left(\frac{n D^2}{s^2}\right)$$

$s$  small enough so that  $\ell(u)$  is large  $\forall u \in K$ .





Assume  $\text{vol}(S) \leq \text{vol}(K \setminus S)$ .

$$\text{Let } S_1 = \left\{ x \in S : P_x(\bar{S}) < \frac{\ell}{4} \right\}$$

$$S_2 = \left\{ x \in \bar{S} : P_x(S) < \frac{\ell}{4} \right\}$$

$$S_3 = K \setminus S_1 \setminus S_2$$

$$\begin{aligned} \int_{S_1} P_u(S_2) dQ(u) &= \frac{1}{2} \left( \int_{S_1} P_u(S_2) dQ(u) + \int_{S_2} P_u(S_1) dQ(u) \right) \\ &\geq \frac{1}{2} \cdot \frac{\ell}{4} \cdot \frac{\text{vol}(S_2)}{\text{vol}(K)} \end{aligned}$$

How large is  $S_3$ ?

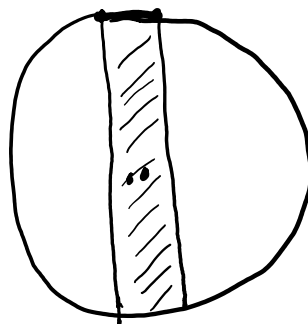
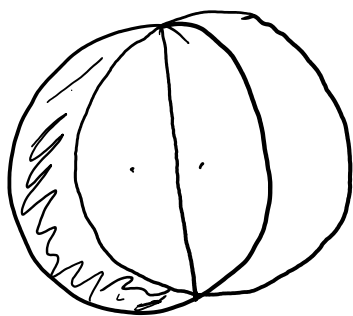
Lemma.  $u, v \in K, \|u - v\|_2 \leq \frac{t\delta}{\sqrt{n}} \Rightarrow d_{TV}(P_u, P_v) \leq 1 - \ell + t$

$$\forall u \in S_1, v \in S_2, d_{TV}(P_u, P_v) > 1 - \frac{\ell}{4} - \frac{\ell}{4} = 1 - \frac{\ell}{2}$$

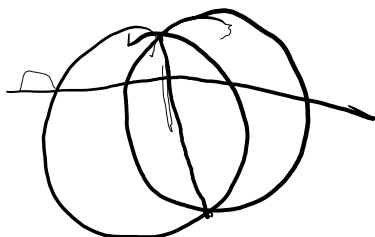
$$\text{Lemma} \Rightarrow \|u - v\|_2 \geq \frac{\ell\delta}{2\sqrt{n}} \quad (t = \frac{\ell}{2})$$

$$(t = \frac{l}{2}) \quad 2 - \frac{2}{2\sqrt{n}}$$

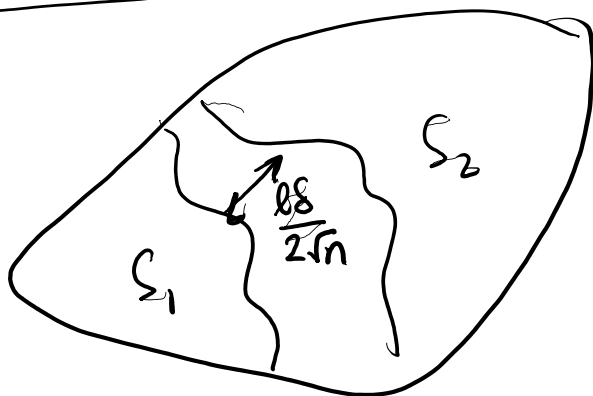
Pf (Lemma). First take  $l=1$



$$d_{TV} \leq t$$



$$d_{TV} \leq t + t$$



The [Euclidean Isoperimetry]  $S_1, S_2, S_3$  partition of  $K$ .  
 $K$  of diameter  $D$ .

$$\text{Vol}(S_3) \geq \frac{2}{D} d(S_1, S_2) \min \{ \text{Vol}(S_1), \text{Vol}(S_2) \}.$$

$$\therefore \text{Vol}(S_3) \geq \frac{2}{2R} \frac{l}{2\sqrt{n}} \min \{ \text{Vol}(S_1), \text{Vol}(S_2) \}$$

$$1. \quad \text{Vol}(S_2) \geq \frac{\epsilon}{2R} \frac{\sqrt{n}}{2\sqrt{n}} \sim 2$$

We can assume  $\text{Vol}(S_1) \geq \frac{1}{2} \text{Vol}(S)$ ,  $\text{Vol}(S_2) \geq \frac{1}{2} \text{Vol}(S)$

$$\text{else } \phi(S) \geq \frac{\frac{1}{2} \frac{\epsilon}{4} \frac{\text{Vol}(S)}{\text{Vol}(K)}}{Q(S)} = \frac{\epsilon}{8}$$

$$Q(S)$$

$$\rightarrow \text{Vol}(S_2) \geq \frac{\epsilon \delta}{4R\sqrt{n}} \min \{ \text{Vol}(S), \text{Vol}(\bar{S}) \}$$

$$\text{So } \phi(S) \geq \frac{\epsilon}{8} \frac{\epsilon \delta}{4R\sqrt{n}} = \frac{\epsilon^2 \delta}{32R\sqrt{n}}$$

$$\underline{\text{Thm}} \quad K \subseteq B(0, R), \ell(u) \geq \epsilon \quad \forall u \in K. \quad \phi \geq \frac{\epsilon^2 \delta}{32R\sqrt{n}}$$

$$\underline{\text{Cor.}} \quad \text{Mixing rate} = O\left(\frac{nR^2}{\epsilon^4 \delta^2}\right)$$

$$d_{TV}(Q_t, Q) \leq \sqrt{1 - \left(\frac{\phi^2}{2}\right)^t}$$

Is this polytime?!

$$O(n^4 R^2) \leftarrow \delta = \frac{1}{n^{\frac{1}{2}}}, B \subseteq K.$$

(2)  $R$  can be exponentially large!

---

(1) And  $M$ ? Has to start?

$Q_0$ : uniform in  $B(0,1)$ .

$$\text{Then } M \leq \frac{\text{Vol}(K)}{\text{Vol}(B(0,1))} \leq R^n$$

So after  $O(n^4 R^2 \log \frac{M}{\epsilon}) = O(n^5 R^2 \log \frac{R}{\epsilon})$  steps,

$$d_{TV}(Q_t, Q) \leq \epsilon.$$

---

(2). Affine transformation to make  $R$  small.  
 $\forall K, \exists$  affine transform  $T$  st.  $TK$  is isotropic

$$B \subseteq TK \subseteq nB$$

But hard to find for any deterministic algorithm in the oracle model!

What is  $T$ ?  $AK + b$

$$b = \mathbb{E}_K(x)$$

$$A = \mathbb{E}_K((x-b)(x-b)^T)^{-1/2}$$

just need samples!  $\ddot{\smile}$ .

not  $O(n^5)$  needs rounding

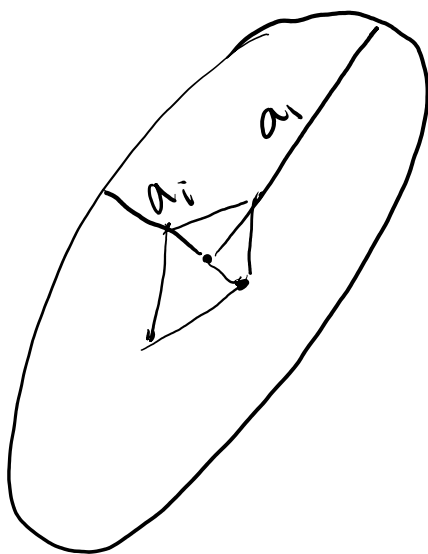
Fast Sampling  $\xleftrightarrow{\text{needs}}$  rounding  $\xleftrightarrow{\text{needs}}$

Heuristics .....

Bootstrap!

Deterministic rounding via Ellipsoid algorithm.

At some point  $E_i = E(z, A_i)$   $K \subseteq E_i$



Check if  $z \pm \frac{a_i}{n} \in K$ .

if all belong to  $K$

then  $z + \cos \left\{ \pm \frac{a_i}{n} \right\} \in K$

and  $\frac{1}{n^{3/2}} E_i \subseteq K \subseteq E_i$

$\Rightarrow R \leq n^{3/2}$ .

if  $\exists i$  st.  $z + a_i \notin K$  (or  $z - a_i$ )  
continue with Ellipsoid algorithm!

The Deterministic polytime algorithm to find  $E$

The Deterministic polytime algorithm in V...  
st.  $E \subseteq K \subseteq N^{\frac{3}{2}} E$ .

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polytime Sampling!

polytime Optimization!

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