# CMPT 409/981: Optimization for Machine Learning

Lecture 16

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November 10, 2022

### Recap - Scalar AdaGrad

$$w_{k+1} = \Pi_C[w_k - \eta_k \nabla f_k(w_k)]$$
 ;  $\eta_k = \frac{\eta}{\sqrt{\sum_{s=1}^k \|\nabla f_s(w_s)\|^2}}$ 

For any  $\eta >$  0, Scalar AdaGrad achieves the following regret for a sequence of convex losses:

$$R_T(u) \leq \left(\frac{D^2}{2\eta} + \eta\right) \sqrt{\sum_{k=1}^T \|\nabla f_k(w_k)\|^2}.$$

For convex, G-Lipschitz losses, Scalar AdaGrad has regret  $R_T(u) \leq \left(\frac{D^2}{2\eta} + \eta\right) G\sqrt{T}$ .

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### Recap - AdaGrad

$$\begin{aligned} v_{k+1} &= w_k - \eta \, A_k^{-1} \nabla f_k(w_k) \quad ; \quad w_{k+1} &= \Pi_{\mathcal{C}}^k[v_{k+1}] := \arg\min_{w \in \mathcal{C}} \frac{1}{2} \left\| w - v_{k+1} \right\|_{A_k}^2 \,. \\ A_k &= \begin{cases} \sqrt{\sum_{s=1}^k \left\| \nabla f_s(w_s) \right\|^2} \, I_d \quad \text{(Scalar AdaGrad)} \\ \operatorname{diag}(G_k^{\frac{1}{2}}) \quad \text{(Diagonal AdaGrad)} \\ G_k^{\frac{1}{2}} \quad \text{(Full-Matrix AdaGrad)} \end{cases} \end{aligned}$$

where 
$$G_k \in \mathbb{R}^{d \times d} := \sum_{s=1}^k \left[ \nabla f_s(w_s) \nabla f_s(w_s)^\intercal \right]$$
.

For any  $\eta >$  0, AdaGrad achieves the following regret for a sequence of convex losses:

$$R_T(u) \leq \left(\frac{D^2}{2\eta} + \eta\right) \sqrt{d} \sqrt{\sum_{k=1}^T \|\nabla f_k(w_k)\|^2}$$

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### AdaGrad - Convex, Lipschitz functions

**Claim**: If the convex set C has diameter D, for an arbitrary sequence of losses such that each  $f_k$  is convex, differentiable and G-Lipschitz, AdaGrad with the general update

 $w_{k+1} = \Pi_{\mathcal{C}}^k[w_k - \eta A_k^{-1} \nabla f_k(w_k)]$  with  $\eta = \frac{D}{\sqrt{2}}$  and  $w_1 \in \mathcal{C}$  has the following regret for  $u \in \mathcal{C}$ ,

$$R_{T}(u) \leq \left(\frac{D^{2}}{2\eta} + \eta\right) \sqrt{d} \sqrt{\sum_{k=1}^{T} \left\|\nabla f_{k}(w_{k})\right\|^{2}}$$

**Proof**: Using the general result for AdaGrad and that each  $f_k$  is G-Lipschitz,

$$R_{T}(u) \leq \left(\frac{D^{2}}{2\eta} + \eta\right) \sqrt{d} \sqrt{\sum_{k=1}^{T} \|\nabla f_{k}(w_{k})\|^{2}} \leq \left(\frac{D^{2}}{2\eta} + \eta\right) \sqrt{d} G \sqrt{T}$$

$$R_{T}(u) \leq \sqrt{2}DG d \sqrt{T} \qquad (Setting  $\eta = \frac{D}{\sqrt{2}})$$$

Unlike scalar AdaGrad, when using the diagonal or full-matrix variant, the regret depends on the dimension d.

### AdaGrad - Convex, Smooth functions

Recall that for convex functions, the regret for AdaGrad is bounded as:

$$R_T(u) \leq \left(\frac{D^2}{2\eta} + \eta\right) \sqrt{d} \sqrt{\sum_{k=1}^T \|\nabla f_k(w_k)\|^2}.$$

In order to bound the regret for smooth functions, we define  $\zeta^2$  such that  $f_k(u) - f_k^* \le \zeta^2$ . Hence, if the learner is competing against a fixed decision u that minimizes each  $f_k$ , then  $\zeta^2 = 0$ .  $\zeta^2$  characterizes the analog of interpolation in the online setting.

Using L-smoothness of  $f_k$  to bound the gradient norm term (for each k) in the regret expression,

$$\begin{aligned} \|\nabla f_k(w_k)\|^2 &\leq 2L[f_k(w_k) - f_k^*] = 2L[f_k(w_k) - f_k(u)] + 2L[f_k(u) - f_k^*] \leq 2L[f_k(w_k) - f_k(u)] + 2L\zeta^2 \\ &\Rightarrow \sum_{k=1}^T \|\nabla f_k(w_k)\|^2 \leq 2L\sum_{k=1}^T [f_k(w_k) - f_k(u)] + 2L\sum_{k=1}^T \zeta^2 = 2L[R_T(u) + \zeta^2 T] \\ R_T(u) &\leq \left(\frac{D^2}{2\eta} + \eta\right) \sqrt{d}\sqrt{2L[R_T(u) + \zeta^2 T]} \end{aligned}$$

### AdaGrad - Convex, Smooth functions

Recall that  $R_T(u) \leq \left(\frac{D^2}{2\eta} + \eta\right) \sqrt{d} \sqrt{2L[R_T(u) + \zeta^2 T]}$ . Squaring this expression,

$$[R_{T}(u)]^{2} \leq \underbrace{2dL \left(\frac{D^{2}}{2\eta} + \eta\right)^{2}}_{:=\alpha} \underbrace{[R_{T}(u) + \zeta^{2}T]}_{:=\beta}$$

$$\implies x^{2} \leq \alpha(x+\beta) \implies x \leq \frac{\alpha + \sqrt{\alpha^{2} + 4\alpha\beta}}{2} \leq \alpha + \sqrt{\alpha\beta}$$

$$\implies R_{T}(u) \leq 2dL \left(\frac{D^{2}}{2\eta} + \eta\right)^{2} + \sqrt{2dL} \left(\frac{D^{2}}{2\eta} + \eta\right) \zeta\sqrt{T}$$

Note that the above bound holds for all  $\eta > 0$  and AdaGrad does not need to know  $\zeta$  or L. The regret depends on  $\zeta^2$ , the upper-bound on  $\max_{k \in [T]} [f_k(u) - f_k^*]$ . Such bounds that depend on the fixed decision that we are comparing against are called *first-order regret bounds*.

For example, when  $u = w^* := \arg\min_w \sum_{k=1}^T f_k(w)$  and  $\zeta = 0$ , then AdaGrad only incurs a constant regret that is independent of T. This observation has been used to explain the good performance of IL algorithms when using over-parameterized (convex) models [YBC20, LVS22].



We have seen that AdaGrad can results in  $O(\sqrt{T})$  regret (and hence  $O(1/\sqrt{\tau})$  convergence using the online-to-batch conversion) for a sequence of convex, smooth losses. Two problems with the practical applicability of these results:

- The regret depends on the diameter of the constrained domain C, but for typical ML applications the optimization is unconstrained. In order to use a similar analysis for unconstrained domains, we need to make a (strong) assumption that the iterates remain bounded i.e.  $||w_k w^*||^2 \le D$  for all iterations k.
- Adaptive methods like AdaGrad are heavily used in the non-convex setting (e.g. for training neural networks) but the bounds we proved heavily rely on convexity.

Similar to the standard SGD analysis, let us analyze AdaGrad Norm (the scalar variant) for minimizing a finite-sum of smooth functions on  $\mathbb{R}^d$ :  $\min_{w \in \mathbb{R}^d} \frac{1}{n} \sum_{i=1}^n f_i(w)$ . We will use the proof in [FTC+22] and make the following standard assumptions:

- Unbiasedness:  $\mathbb{E}_i[\nabla f_i(w)] = \nabla f(w)$
- Bounded Variance:  $\mathbb{E}_i \|\nabla f_i(w) \nabla f(w)\|^2 \leq \sigma^2$

**Scalar AdaGrad**:  $w_{k+1} = w_k - \eta_k g_k$  where  $g_k := \nabla f_{ik}(w_k)$ , and  $\eta_k = \frac{\eta}{b_k}$  where  $b_k^2 = b_{k-1}^2 + \|g_k\|^2 = b_0^2 + \sum_{s=1}^k \|g_s\|^2$ .

**Claim**: For minimizing a finite-sum of *L*-smooth functions lower-bounded by  $f^*$ , T iterations of the scalar AdaGrad update (for any  $\eta > 0$ ) returns an iterate  $\hat{w}$  such that,

$$\mathbb{E}\left[\|\nabla f(\hat{w})\|\right] \leq \frac{\sqrt{2}\left(\frac{c}{\eta}\right) + \sqrt{\frac{c}{\eta}}\sqrt{b_0}}{\sqrt{T}} + \frac{\sqrt{\frac{2c}{\eta}}\sqrt{\sigma}}{\sqrt[4]{T}},$$

where, 
$$C := 2[f(w_1) - f^*] + \left[4\eta\sigma^2 + L\eta^2\right] \mathbb{E}\left[1 + \log\left(1 + \frac{\sum_{k=1}^T \|g_s\|^2}{b_0^2}\right)\right] = O(\log(T))$$

SGD with  $\eta_k = \frac{1}{L} \frac{1}{\sqrt{k+1}}$  has the following guarantee in the same setting (Lecture 8, Slide 6):

$$\mathbb{E}[\|\nabla f(\hat{w})\|^2] \leq \frac{2L\left[f(x_0) - f^*\right]}{\sqrt{T}} + \frac{\sigma^2\left(1 + \log(T)\right)}{\sqrt{T}}$$

Scalar AdaGrad can attain the *noise-adaptive* rate without dependence on the diameter, knowledge of L or  $\sigma$  for smooth, non-convex functions! Moreover, this rate holds for all  $\eta$ .

**Proof**: For the analysis, we define a proxy step-size  $\tilde{\eta}_k := \frac{\eta}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}}$ . Since  $\tilde{\eta}_k$  depends on  $\nabla f(w_k)$  and  $b_{k-1}$ , it does not depend on  $i_k$ . By L-smoothness of f,

$$f(w_{k+1}) \leq f(w_{k}) - \eta_{k} \langle \nabla f(w_{k}), g_{k} \rangle + \frac{L\eta_{k}^{2}}{2} \|g_{k}\|^{2}$$

$$= f(w_{k}) - \tilde{\eta}_{k} \langle \nabla f(w_{k}), g_{k} \rangle + (\tilde{\eta}_{k} - \eta_{k}) \langle \nabla f(w_{k}), g_{k} \rangle + \frac{L\eta^{2}}{2} \frac{\|g_{k}\|^{2}}{b_{k-1}^{2} + \|g_{k}\|^{2}}$$

$$\leq f(w_{k}) - \tilde{\eta}_{k} \langle \nabla f(w_{k}), g_{k} \rangle + |\tilde{\eta}_{k} - \eta_{k}| \|\nabla f(w_{k})\| \|g_{k}\| + \frac{L\eta^{2}}{2} \frac{\|g_{k}\|^{2}}{b_{k-1}^{2} + \|g_{k}\|^{2}}$$

$$\mathbb{E}[f(w_{k+1})] \leq f(w_{k}) - \tilde{\eta}_{k} \|\nabla f(w_{k})\|^{2} + \eta \underbrace{\mathbb{E}\left[\left|\frac{\tilde{\eta}_{k} - \eta_{k}}{\eta}\right| \|\nabla f(w_{k})\| \|g_{k}\|\right]}_{(*)} + \frac{L\eta^{2}}{2} \mathbb{E}\left[\frac{\|g_{k}\|^{2}}{b_{k-1}^{2} + \|g_{k}\|^{2}}\right]$$

$$\implies \tilde{\eta}_k \left\| \nabla f(w_k) \right\|^2 \leq f(w_k) - \mathbb{E}[f(w_{k+1})] + \eta\left(*\right) + \frac{L\eta^2}{2} \mathbb{E}\left[ \frac{\left\| g_k \right\|^2}{b_{k-1}^2 + \left\| g_k \right\|^2} \right]$$

Recall that 
$$\tilde{\eta}_{k} \|\nabla f(w_{k})\|^{2} \leq f(w_{k}) - \mathbb{E}[f(w_{k+1})] + \eta(*) + \frac{L\eta^{2}}{2} \mathbb{E}\left[\frac{\|g_{k}\|^{2}}{b_{k-1}^{2} + \|g_{k}\|^{2}}\right]$$
 where  $(*) = \mathbb{E}\left[\left|\frac{\tilde{\eta}_{k} - \eta_{k}}{\eta}\right| \|\nabla f(w_{k})\| \|g_{k}\|\right]$ . In order to bound  $(*)$ , we will first bound  $\left|\frac{\tilde{\eta}_{k} - \eta_{k}}{b_{k-1}^{2} + \|g_{k}\|^{2}}\right|$ . Let  $a = b_{k-1}^{2} + \|g_{k}\|^{2}$  and  $b = b_{k-1}^{2} + \sigma^{2} + \|\nabla f(w_{k})\|^{2}$ , implying that  $\frac{\eta_{k}}{\eta} = \frac{1}{\sqrt{a}}$  and  $\frac{\tilde{\eta}_{k}}{\eta} = \frac{1}{\sqrt{b}}$ . 
$$\left|\frac{\tilde{\eta}_{k} - \eta_{k}}{\eta}\right| = \left|\frac{1}{\sqrt{a}} - \frac{1}{\sqrt{b}}\right| = \left|\frac{b - a}{(\sqrt{a} + \sqrt{b})\sqrt{ab}}\right| = \left|\frac{\sigma^{2} + \|\nabla f(w_{k})\|^{2} - \|g_{k}\|^{2}}{(\sqrt{a} + \sqrt{b})\sqrt{ab}}\right| = \left|\frac{(\|\nabla f(w_{k})\| + \|g_{k}\|)(\|\nabla f(w_{k})\| - \|g_{k}\|)}{(\sqrt{a} + \sqrt{b})\sqrt{ab}}\right|$$

Note that  $\sqrt{a} + \sqrt{b} > \|\nabla f(w_k)\| + \|g_k\|$  and  $\sqrt{a} + \sqrt{b} > \sigma$ . Using these coarse bounds,

$$\left|\frac{\tilde{\eta}_k - \eta_k}{\eta}\right| \le \left|\frac{\|\nabla f(w_k)\| - \|g_k\|}{\sqrt{ab}} + \frac{\sigma}{\sqrt{ab}}\right| \le \left|\frac{\|\nabla f(w_k)\| - \|g_k\|}{\sqrt{ab}}\right| + \frac{\sigma}{\sqrt{ab}} \le \frac{\|\nabla f(w_k) - g_k\|}{\sqrt{ab}} + \frac{\sigma}{\sqrt{ab}}$$

$$(|a+b| \le |a| + |b| \text{ and } |\|a\| - \|b\|| \le \|a-b\|)$$

Using the previous inequality to bound (\*), we obtain that

$$(*) \leq (**) = \mathbb{E}\left[\left[\frac{\|\nabla f(w_k) - g_k\| + \sigma}{\sqrt{b_{k-1}^2 + \|g_k\|^2} \sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}}\right] \|\nabla f(w_k)\| \|g_k\|\right]. \text{ Let us simplify the first term in (**).}$$

With 
$$X = \|\nabla f(w_k) - g_k\|^2$$
,  $Y = \frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}$ , using Holders inequality:  $\mathbb{E}[\sqrt{XY}] \leq \sqrt{\mathbb{E}[X]} \mathbb{E}[Y]$ ,

First term in (\*\*) = 
$$\frac{\|\nabla f(w_k)\|}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} \mathbb{E}\left[\frac{\|\nabla f(w_k) - g_k\| \|g_k\|}{\sqrt{b_{k-1}^2 + \|g_k\|^2}}\right]$$

$$\leq \frac{\|\nabla f(w_k)\|}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} \sqrt{\mathbb{E}[\|\nabla f(w_k) - g_k\|^2]} \sqrt{\mathbb{E}\left[\frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}\right]}$$

First term in (\*\*) 
$$\leq \frac{\|\nabla f(w_k)\| \ \sigma}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} \ \sqrt{\mathbb{E}\left[\frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}\right]}$$

Let us simplify the second term in (\*\*). With  $X = \frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}$  and Y = 1, using Holder's inequality that  $\mathbb{E}[\sqrt{XY}] \leq \sqrt{\mathbb{E}[X] \, \mathbb{E}[Y]}$ 

Second term in (\*\*) = 
$$\frac{\sigma \|\nabla f(w_k)\|}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} \mathbb{E} \left[ \frac{\|g_k\|}{\sqrt{b_{k-1}^2 + \|g_k\|^2}} \right]$$
Second term in (\*\*)  $\leq \frac{\sigma \|\nabla f(w_k)\|}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} \sqrt{\mathbb{E} \left[ \frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2} \right]}$ 

Putting everything together,

$$(*) \leq (**) \leq rac{2\,\sigma\,\left\|
abla f(w_k)
ight\|}{\sqrt{b_{k-1}^2 + \sigma^2 + \left\|
abla f(w_k)
ight\|^2}}\sqrt{\mathbb{E}\left[rac{\left\|g_k
ight\|^2}{b_{k-1}^2 + \left\|g_k
ight\|^2}
ight]}$$

Recall that 
$$(*) \leq \frac{2 \sigma \|\nabla f(w_k)\|}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} \sqrt{\mathbb{E}\left[\frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}\right]}$$
.

With  $a = \frac{\|\nabla f(w_k)\|}{\left[b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2\right]^{1/4}}$  and  $b = \frac{2 \sigma}{\left[b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2\right]^{1/4}} \sqrt{\mathbb{E}\left[\frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}\right]}$ , using that  $ab \leq \frac{a^2}{2} + \frac{b^2}{2}$ ,

$$(*) \leq \frac{\|\nabla f(w_k)\|^2}{2\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} + \frac{2\sigma^2}{\sqrt{b_{k-1}^2 + \sigma^2 + \|\nabla f(w_k)\|^2}} \mathbb{E}\left[\frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}\right]$$

$$(*) \leq \frac{\tilde{\eta}_k}{2\eta} \|\nabla f(w_k)\|^2 + 2\sigma^2 \mathbb{E}\left[\frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}\right]$$
(By definition of  $\tilde{\eta}_k$ )

Putting back the value of (\*) in

$$\tilde{\eta}_k \|\nabla f(w_k)\|^2 \leq f(w_k) - \mathbb{E}[f(w_{k+1})] + \eta(*) + \frac{L\eta^2}{2} \mathbb{E}\left[\frac{\|g_k\|^2}{b_{k-1}^2 + \|g_k\|^2}\right],$$

$$\|\tilde{\eta}_{k}\|\nabla f(w_{k})\|^{2} \leq 2\left[f(w_{k}) - \mathbb{E}[f(w_{k+1})]\right] + \left[4\eta\sigma^{2} + L\eta^{2}\right]\mathbb{E}\left[\frac{\|g_{k}\|^{2}}{b_{k-1}^{2} + \|g_{k}\|^{2}}\right]$$

Taking the expectation w.r.t the randomness in iterations k = 1 to T and summing,

$$\mathbb{E}\left[\sum_{k=1}^{T} \tilde{\eta}_{k} \|\nabla f(w_{k})\|^{2}\right] \leq 2[f(w_{1}) - f^{*}] + \left[4\eta\sigma^{2} + L\eta^{2}\right] \mathbb{E}\left[\sum_{k=1}^{T} \left[\frac{\|g_{k}\|^{2}}{b_{k-1}^{2} + \|g_{k}\|^{2}}\right]\right]$$

$$\leq 2[f(w_{1}) - f^{*}] + \left[4\eta\sigma^{2} + L\eta^{2}\right] \mathbb{E}\left[\sum_{k=1}^{T} \left[\frac{\|g_{k}\|^{2}}{b_{0}^{2} + \sum_{s=1}^{k} \|g_{s}\|^{2}}\right]\right]$$

Recall that  $\mathbb{E}\left[\sum_{t=1}^{T} \widetilde{\eta}_{k} \left\| \nabla f(w_{k}) \right\|^{2} \right] \leq C$  where

 $C=2[f(w_1)-f^*]+\left[4\eta\sigma^2+L\eta^2\right]\mathbb{E}\left[\sum_{k=1}^T\left[\frac{\|g_k\|^2}{b_0^2+\sum_{s=1}^k\|g_s\|^2}\right]\right]$ . In order to bound C, we will use the following relation: for  $a_s\geq 0$ , need to prove in Assignment 4 that

$$\begin{split} \sum_{k=1}^{T} \left[ \frac{a_k}{1 + \sum_{s=1}^{k} a_s} \right] &\leq 1 + \log \left( 1 + \sum_{k=1}^{T} a_k \right) \\ \Longrightarrow \sum_{k=1}^{T} \left[ \frac{\|g_k\|^2}{b_0^2 + \sum_{s=1}^{k} \|g_s\|^2} \right] &= \sum_{k=1}^{T} \left[ \frac{\|g_k\|^2 / b_0^2}{1 + \sum_{s=1}^{k} \|g_s\|^2 / b_0^2} \right] \leq 1 + \log \left( 1 + \frac{\sum_{k=1}^{T} \|g_k\|^2}{b_0^2} \right) \\ \Longrightarrow \mathbb{E} \left[ \sum_{k=1}^{T} \tilde{\eta}_k \|\nabla f(w_k)\|^2 \right] \leq \underbrace{2[f(w_1) - f^*] + \left[ 4\eta\sigma^2 + L\eta^2 \right] \mathbb{E} \left[ 1 + \log \left( 1 + \frac{\sum_{k=1}^{T} \|g_k\|^2}{b_0^2} \right) \right]}_{O(\log(T))} \end{split}$$

Recall that  $\mathbb{E}\left[\sum_{t=1}^{T} \tilde{\eta}_{k} \|\nabla f(w_{k})\|^{2}\right] \leq C$  where  $C = O(\log(T))$ . Now we need to simplify the LHS. For this, define  $\tilde{\eta}_{\underline{T}} := \frac{\eta}{\sqrt{b_{T}^{2} + \sigma^{2} + \sum_{t=1}^{T} \|\nabla f(w_{t})\|^{2}}}$ . Note that  $\tilde{\eta}_{\underline{T}} < \tilde{\eta}_{k}$  for all  $k \in [T]$ . Hence,

$$\mathbb{E}\left[\sum_{t=1}^{T} ilde{\eta}_{k} \left\| 
abla f(w_{k}) 
ight\|^{2}
ight] \geq \mathbb{E}\left[ ilde{\eta}_{\underline{T}} \sum_{t=1}^{T} \left\| 
abla f(w_{k}) 
ight\|^{2}
ight]$$

Note that  $\mathbb{E}\left[\sum_{k=1}^{T}\|\nabla f(w_k)\|^2\right] = \mathbb{E}\left[\left[\tilde{\eta}_{\underline{T}}\sum_{k=1}^{T}\|\nabla f(w_k)\|^2\right]\frac{1}{\tilde{\eta}_{\underline{T}}}\right]$ . Using Holder's inequality with  $X = \tilde{\eta}_{\underline{T}}\left[\sum_{k=1}^{T}\|\nabla f(w_k)\|^2\right]$  and  $Y = \frac{1}{\tilde{\eta}_{\underline{T}}}$ ,  $(\mathbb{E}[\sqrt{XY}])^2 \leq \mathbb{E}[X]\mathbb{E}[Y]$ 

$$\left(\mathbb{E}\left[\sqrt{\sum_{k=1}^{T}\left\|\nabla f(w_{k})\right\|^{2}}\right]\right)^{2}\leq\mathbb{E}\left[\tilde{\eta}_{\underline{T}}\sum_{k=1}^{T}\left\|\nabla f(w_{k})\right\|^{2}\right]\,\mathbb{E}\left[\frac{1}{\tilde{\eta}_{\underline{T}}}\right]$$

$$\implies \mathbb{E}\left[\sum_{k=1}^{T} \tilde{\eta}_{k} \left\|\nabla f(w_{k})\right\|^{2}\right] \geq \mathbb{E}\left[\tilde{\eta}_{\underline{T}} \sum_{k=1}^{T} \left\|\nabla f(w_{k})\right\|^{2}\right] \geq \frac{\eta\left(\mathbb{E}\left[\sqrt{\sum_{k=1}^{T} \left\|\nabla f(w_{k})\right\|^{2}}\right]\right)^{2}}{\mathbb{E}\left[\frac{\eta}{\tilde{\eta}_{T}}\right]}$$

Recall 
$$\mathbb{E}\left[\sum_{k=1}^{T} \tilde{\eta}_{k} \|\nabla f(w_{k})\|^{2}\right] \geq \frac{\eta\left(\mathbb{E}\left[\sqrt{\sum_{k=1}^{T} \|\nabla f(w_{k})\|^{2}}\right]\right)^{2}}{\mathbb{E}\left[\eta/\tilde{\eta}_{\mathcal{I}}\right]}$$
. Now let us upper-bound  $\mathbb{E}\left[\eta/\tilde{\eta}_{\mathcal{I}}\right]$ .

$$\mathbb{E}\left[\eta/\tilde{\eta}_{\mathcal{I}}\right] = \mathbb{E}\sqrt{b_{T-1}^2 + \sigma^2 + \sum_{k=1}^T \left\|\nabla f(w_k)\right\|^2} = \mathbb{E}\sqrt{b_0^2 + \sigma^2 + \underbrace{\left[\sum_{k=1}^{T-1} \left\|g_k\right\|^2\right]}_{:=A} + \left[\sum_{k=1}^T \left\|\nabla f(w_k)\right\|^2\right]}$$

$$A = \sum_{k=1}^{r-1} \|g_k\|^2 = \sum_{k=1}^{r-1} \left[ \|g_k - \nabla f(w_k)\|^2 + \|\nabla f(w_k)\|^2 + 2\langle \nabla f(w_k), g_k - \nabla f(w_k) \rangle \right]$$

$$\mathbb{E}\left[\eta/\bar{\eta}_{\underline{T}}\right] \leq \mathbb{E}\sqrt{b_0^2 + \sigma^2 + \sum_{k=1}^{T-1} \left[\|g_k - \nabla f(w_k)\|^2 + 2\langle \nabla f(w_k), g_k - \nabla f(w_k)\rangle\right] + 3\sum_{k=1}^{T} \|\nabla f(w_k)\|^2}$$

$$\mathbb{E}\left[\eta/\tilde{\eta}_{\underline{T}}\right] \leq \mathbb{E}\sqrt{\left|b_0^2 + \sigma^2 + \sum_{k=1}^{T-1}\left[\left\|g_k - \nabla f(w_k)\right\|^2 + 2\langle\nabla f(w_k), g_k - \nabla f(w_k)\rangle\right]} + \mathbb{E}\sqrt{2\sum_{k=1}^{T}\left\|\nabla f(w_k)\right\|^2}$$

Recall  $\mathbb{E}\left[\sum_{k=1}^{T} \tilde{\eta}_{k} \left\|\nabla f(w_{k})\right\|^{2}\right] \geq \frac{\eta\left(\mathbb{E}\left[\sqrt{\sum_{k=1}^{T} \left\|\nabla f(w_{k})\right\|^{2}}\right]\right)^{2}}{\mathbb{E}\left[\eta/\tilde{\eta}_{T}\right]}$ . Using Jensen's inequality for  $\sqrt{x}$ ,

$$\mathbb{E}\left[\frac{\eta}{\tilde{\eta}_{\underline{T}}}\right]$$

$$\leq \sqrt{\left|b_0^2 + \sigma^2 + \sum_{k=1}^{T-1} \mathbb{E}\left[\left\|g_k - \nabla f(w_k)\right\|^2 + 2\mathbb{E}\langle \nabla f(w_k), g_k - \nabla f(w_k)\rangle\right]} + \mathbb{E}\sqrt{2\sum_{k=1}^{T} \left\|\nabla f(w_k)\right\|^2}$$

$$\implies \mathbb{E}\left[\frac{\eta}{\tilde{\eta}_{\mathcal{I}}}\right] \leq \sqrt{b_0^2 + 2T\sigma^2} + \sqrt{2}\,\mathbb{E}\sqrt{\sum_{k=1}^{T} \left\|\nabla f(w_k)\right\|^2}$$

Putting everything together,

$$\mathbb{E}\left[\sum_{k=1}^{T} \tilde{\eta}_{k} \left\|\nabla f(w_{k})\right\|^{2}\right] \geq \frac{\eta\left(\mathbb{E}\left[\sqrt{\sum_{k=1}^{T} \left\|\nabla f(w_{k})\right\|^{2}}\right]\right)^{2}}{\sqrt{b_{0}^{2} + 2T\sigma^{2}} + \sqrt{2} \left\|\nabla \int_{k=1}^{T} \left\|\nabla f(w_{k})\right\|^{2}}}$$

Recall that  $C \ge \mathbb{E}\left[\sum_{k=1}^T \tilde{\eta}_k \|\nabla f(w_k)\|^2\right] \ge \frac{\eta\left(\mathbb{E}\left[\sqrt{\sum_{k=1}^T \|\nabla f(w_k)\|^2}\right]\right)^2}{\sqrt{b_0^2 + 2T\sigma^2} + \sqrt{2} \mathbb{E}\sqrt{\sum_{k=1}^T \|\nabla f(w_k)\|^2}}$ . Putting everything together,

$$\implies \left(\mathbb{E}\sqrt{\left[\sum_{k=1}^{T}\|\nabla f(w_{k})\|^{2}\right]}\right)^{2} \leq \underbrace{\frac{C}{\eta}}_{:=\alpha} \underbrace{\left[\underbrace{\sqrt{b_{0}^{2}+2T\,\sigma^{2}}}_{:=\beta} + \sqrt{2}\,\mathbb{E}\sqrt{\left[\sum_{k=1}^{T}\|\nabla f(w_{k})\|^{2}\right]}\right]}_{:=x}$$

$$\implies x^{2} \leq \alpha\left(\sqrt{2}x+\beta\right) \implies x \leq \frac{\sqrt{2}\alpha+\sqrt{2\alpha^{2}+4\alpha\beta}}{2} \leq \sqrt{2}\alpha+\sqrt{\alpha\beta}$$

$$\implies \mathbb{E}\left[\sqrt{\sum_{k=1}^{T}\|\nabla f(w_{k})\|^{2}}\right] \leq \sqrt{2}\left(\frac{C}{\eta}\right) + \sqrt{\frac{C}{\eta}}\sqrt[4]{b_{0}^{2}+2T\,\sigma^{2}}$$

Recall that 
$$\mathbb{E}\left[\sqrt{\sum_{k=1}^{T} \|\nabla f(w_k)\|^2}\right] \leq \sqrt{2} \left(\frac{c}{\eta}\right) + \sqrt{\frac{c}{\eta}} \sqrt[4]{b_0^2 + 2T\sigma^2}$$

$$\sqrt{T} \mathbb{E}\left[\sqrt{\frac{\sum_{k=1}^{T} \|\nabla f(w_k)\|^2}{T}}\right] \leq \sqrt{2} \left(\frac{C}{\eta}\right) + \sqrt{\frac{C}{\eta}} \sqrt[4]{b_0^2 + 2T\sigma^2}$$

$$\Rightarrow \mathbb{E}\left[\|\nabla f(\hat{w})\|\right] \leq \frac{\sqrt{2} \left(\frac{c}{\eta}\right)}{\sqrt{T}} + \frac{\sqrt{\frac{c}{\eta}} \sqrt[4]{b_0^2 + 2T\sigma^2}}{\sqrt{T}}$$

$$\Rightarrow \mathbb{E}\left[\|\nabla f(\hat{w})\|\right] \leq \frac{\sqrt{2} \left(\frac{c}{\eta}\right) + \sqrt{\frac{c}{\eta}}\sqrt{b_0}}{\sqrt{T}} + \frac{\sqrt{\frac{2c}{\eta}}\sqrt{\sigma}}{\sqrt[4]{T}}$$

$$\Rightarrow \mathbb{E}\left[\|\nabla f(\hat{w})\|\right] \leq \frac{\sqrt{2} \left(\frac{c}{\eta}\right) + \sqrt{\frac{c}{\eta}}\sqrt{b_0}}{\sqrt{T}} + \frac{\sqrt{\frac{2c}{\eta}}\sqrt{\sigma}}{\sqrt[4]{T}}$$



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