

# Metric $X_p$ inequalities

Gideon Schechtman

Joint work with

Assaf Naor

Coventry, June 2015

- The linear background
- The nonlinear background
- The inequality
- Consequences
- A conjecture

# Plan

- The linear background
- The nonlinear background
- The inequality
- Consequences
- A conjecture

# Plan

- The linear background
- The nonlinear background
- The inequality
- Consequences
- A conjecture

# Plan

- The linear background
- The nonlinear background
- The inequality
- Consequences
- A conjecture

# Plan

- The linear background
- The nonlinear background
- The inequality
- Consequences
- A conjecture

# The linear background

Chapter 12 of Banach's book (1932) is devoted to the question of when  $L_q (= L_q(0, 1))$  is isomorphic to a subspace of  $L_p$ ,  $p, q \in [1, \infty)$ .

Banach proved there that if  $L_q$  is isomorphic to a subspace of  $L_p$  then necessarily either  $p \leq q \leq 2$  or  $2 \leq q \leq p$ , and that  $L_2$  is isomorphic to a subspace of  $L_p$  for all  $p$ .

Banach also conjectured that  $L_q$  is isomorphic to a subspace of  $L_p$  if  $p < q < 2$  or  $2 < q < p$ .

In the range  $p < q < 2$ , Banach's question was answered affirmatively by Kadec (1958), who showed that in this case  $L_q$  is linearly isometric to a subspace of  $L_p$ .

When  $2 < q < p$ , Banach's question was answered negatively by Paley (1936), i.e.,  $L_q$  is not isomorphic to a subspace of  $L_p$  when  $2 < q < p$ .

# The linear background

Chapter 12 of Banach's book (1932) is devoted to the question of when  $L_q (= L_q(0, 1))$  is isomorphic to a subspace of  $L_p$ ,  $p, q \in [1, \infty)$ .

Banach proved there that if  $L_q$  is isomorphic to a subspace of  $L_p$  then necessarily either  $p \leq q \leq 2$  or  $2 \leq q \leq p$ , and that  $L_2$  is isomorphic to a subspace of  $L_p$  for all  $p$ .

Banach also conjectured that  $L_q$  is isomorphic to a subspace of  $L_p$  if  $p < q < 2$  or  $2 < q < p$ .

In the range  $p < q < 2$ , Banach's question was answered affirmatively by Kadec (1958), who showed that in this case  $L_q$  is linearly isometric to a subspace of  $L_p$ .

When  $2 < q < p$ , Banach's question was answered negatively by Paley (1936), i.e.,  $L_q$  is not isomorphic to a subspace of  $L_p$  when  $2 < q < p$ .



# The linear background

Chapter 12 of Banach's book (1932) is devoted to the question of when  $L_q (= L_q(0, 1))$  is isomorphic to a subspace of  $L_p$ ,  $p, q \in [1, \infty)$ .

Banach proved there that if  $L_q$  is isomorphic to a subspace of  $L_p$  then necessarily either  $p \leq q \leq 2$  or  $2 \leq q \leq p$ , and that  $L_2$  is isomorphic to a subspace of  $L_p$  for all  $p$ .

Banach also conjectured that  $L_q$  is isomorphic to a subspace of  $L_p$  if  $p < q < 2$  or  $2 < q < p$ .

In the range  $p < q < 2$ , Banach's question was answered affirmatively by Kadec (1958), who showed that in this case  $L_q$  is linearly isometric to a subspace of  $L_p$ .

When  $2 < q < p$ , Banach's question was answered negatively by Paley (1936), i.e.,  $L_q$  is not isomorphic to a subspace of  $L_p$  when  $2 < q < p$ .

# The linear background

Chapter 12 of Banach's book (1932) is devoted to the question of when  $L_q (= L_q(0, 1))$  is isomorphic to a subspace of  $L_p$ ,  $p, q \in [1, \infty)$ .

Banach proved there that if  $L_q$  is isomorphic to a subspace of  $L_p$  then necessarily either  $p \leq q \leq 2$  or  $2 \leq q \leq p$ , and that  $L_2$  is isomorphic to a subspace of  $L_p$  for all  $p$ .

Banach also conjectured that  $L_q$  is isomorphic to a subspace of  $L_p$  if  $p < q < 2$  or  $2 < q < p$ .

In the range  $p < q < 2$ , Banach's question was answered affirmatively by Kadec (1958), who showed that in this case  $L_q$  is linearly isometric to a subspace of  $L_p$ .

When  $2 < q < p$ , Banach's question was answered negatively by Paley (1936), i.e.,  $L_q$  is not isomorphic to a subspace of  $L_p$  when  $2 < q < p$ .

# The linear background

Chapter 12 of Banach's book (1932) is devoted to the question of when  $L_q (= L_q(0, 1))$  is isomorphic to a subspace of  $L_p$ ,  $p, q \in [1, \infty)$ .

Banach proved there that if  $L_q$  is isomorphic to a subspace of  $L_p$  then necessarily either  $p \leq q \leq 2$  or  $2 \leq q \leq p$ , and that  $L_2$  is isomorphic to a subspace of  $L_p$  for all  $p$ .

Banach also conjectured that  $L_q$  is isomorphic to a subspace of  $L_p$  if  $p < q < 2$  or  $2 < q < p$ .

In the range  $p < q < 2$ , Banach's question was answered affirmatively by Kadec (1958), who showed that in this case  $L_q$  is linearly isometric to a subspace of  $L_p$ .

When  $2 < q < p$ , Banach's question was answered negatively by Paley (1936), i.e.,  $L_q$  is not isomorphic to a subspace of  $L_p$  when  $2 < q < p$ .

# The linear background

The cases  $q < p < 2$  and  $2 < p < q$  and also the cases when  $p$  and  $q$  are on opposite sides of 2 are best dealt with by Type and Cotype.

Since  $L_p$ ,  $p \leq 2$ , has type  $p$

$$(\mathbb{E}_\pm \|\sum \pm x_i\|^p)^{1/p} \leq C(\sum \|x_i\|^p)^{1/p}$$

clearly, for  $q < p \leq 2$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{q} - \frac{1}{p}}$ .

Similarly, for  $q > p \geq 2$ , using the fact that  $L_p$  has cotype  $p$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{p} - \frac{1}{q}}$ .

The cases when  $p$  and  $q$  are on opposite sides of 2 is dealt with similarly.

# The linear background

The cases  $q < p < 2$  and  $2 < p < q$  and also the cases when  $p$  and  $q$  are on opposite sides of 2 are best dealt with by Type and Cotype.

Since  $L_p$ ,  $p \leq 2$ , has type  $p$

$$(\mathbb{E}_{\pm} \|\sum \pm x_i\|^p)^{1/p} \leq C(\sum \|x_i\|^p)^{1/p}$$

clearly, for  $q < p \leq 2$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{q} - \frac{1}{p}}$ .

Similarly, for  $q > p \geq 2$ , using the fact that  $L_p$  has cotype  $p$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{p} - \frac{1}{q}}$ .

The cases when  $p$  and  $q$  are on opposite sides of 2 is dealt with similarly.

# The linear background

The cases  $q < p < 2$  and  $2 < p < q$  and also the cases when  $p$  and  $q$  are on opposite sides of 2 are best dealt with by Type and Cotype.

Since  $L_p$ ,  $p \leq 2$ , has type  $p$

$$(\mathbb{E}_\pm \|\sum \pm x_i\|^p)^{1/p} \leq C(\sum \|x_i\|^p)^{1/p}$$

clearly, for  $q < p \leq 2$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{q}-\frac{1}{p}}$ .

Similarly, for  $q > p \geq 2$ , using the fact that  $L_p$  has cotype  $p$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{p}-\frac{1}{q}}$ .

The cases when  $p$  and  $q$  are on opposite sides of 2 is dealt with similarly.

# The linear background

The cases  $q < p < 2$  and  $2 < p < q$  and also the cases when  $p$  and  $q$  are on opposite sides of 2 are best dealt with by Type and Cotype.

Since  $L_p$ ,  $p \leq 2$ , has type  $p$

$$(\mathbb{E}_\pm \|\sum \pm x_i\|^p)^{1/p} \leq C(\sum \|x_i\|^p)^{1/p}$$

clearly, for  $q < p \leq 2$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{q} - \frac{1}{p}}$ .

Similarly, for  $q > p \geq 2$ , using the fact that  $L_p$  has cotype  $p$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{p} - \frac{1}{q}}$ .

The cases when  $p$  and  $q$  are on opposite sides of 2 is dealt with similarly.

# The linear background

The cases  $q < p < 2$  and  $2 < p < q$  and also the cases when  $p$  and  $q$  are on opposite sides of 2 are best dealt with by Type and Cotype.

Since  $L_p$ ,  $p \leq 2$ , has type  $p$

$$(\mathbb{E}_\pm \|\sum \pm x_i\|^p)^{1/p} \leq C(\sum \|x_i\|^p)^{1/p}$$

clearly, for  $q < p \leq 2$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{q}-\frac{1}{p}}$ .

Similarly, for  $q > p \geq 2$ , using the fact that  $L_p$  has cotype  $p$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{p}-\frac{1}{q}}$ .

The cases when  $p$  and  $q$  are on opposite sides of 2 is dealt with similarly.



# The linear background

The cases  $q < p < 2$  and  $2 < p < q$  and also the cases when  $p$  and  $q$  are on opposite sides of 2 are best dealt with by Type and Cotype.

Since  $L_p$ ,  $p \leq 2$ , has type  $p$

$$(\mathbb{E}_\pm \|\sum \pm x_i\|^p)^{1/p} \leq C(\sum \|x_i\|^p)^{1/p}$$

clearly, for  $q < p \leq 2$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{q}-\frac{1}{p}}$ .

Similarly, for  $q > p \geq 2$ , using the fact that  $L_p$  has cotype  $p$ , the distance of  $\ell_q^n$  from a subspace of  $L_p$  is of order  $n^{\frac{1}{p}-\frac{1}{q}}$ .

The cases when  $p$  and  $q$  are on opposite sides of 2 is dealt with similarly.

# The linear background

The case  $2 < q < p$  is more complicated, especially if one wants to compute the distance of  $\ell_q^n$  from a subspace of  $L_p$

**The  $X_p$  inequality** [JMST, '79]:

For  $p > 2$ , all  $n$  and all real numbers  $a_1, \dots, a_n, x_1, \dots, x_n$

$$\mathbb{E}_{\pm, \pi} \left| \sum_{i=1}^n \pm a_i x_{\pi(i)} \right|^p \leq C_p \left( \frac{1}{n} \sum_{i=1}^n |a_i|^p \sum_{i=1}^n |x_i|^p + \frac{1}{n^{p/2}} \left( \sum_{i=1}^n a_i^2 \right)^{p/2} \left( \sum_{i=1}^n x_i^2 \right)^{p/2} \right)$$

The inverse inequality also holds.

# The linear background

The case  $2 < q < p$  is more complicated, especially if one wants to compute the distance of  $\ell_q^n$  from a subspace of  $L_p$

**The  $X_p$  inequality** [JMST, '79]:

For  $p > 2$ , all  $n$  and all real numbers  $a_1, \dots, a_n, x_1, \dots, x_n$

$$\mathbb{E}_{\pm, \pi} \left| \sum_{i=1}^n \pm a_i x_{\pi(i)} \right|^p \leq C_p \left( \frac{1}{n} \sum_{i=1}^n |a_i|^p \sum_{i=1}^n |x_i|^p + \frac{1}{n^{p/2}} \left( \sum_{i=1}^n a_i^2 \right)^{p/2} \left( \sum_{i=1}^n x_i^2 \right)^{p/2} \right)$$

The inverse inequality also holds.

# The linear background

The inequality was used in [JMST] to characterize the finite dimensional symmetric bases in  $L_p$ ,  $p > 2$ . Later it was used in [FJS] to find the (order of the) distance of  $\ell_q^n$  to a subspace of  $L_p$  for  $2 < q < p$ . For the lower bound only a special case is needed: For all  $k \leq n$

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left| \sum_{i \in S} \pm x_i \right|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n |x_i|^p + \left( \frac{k}{n} \right)^{p/2} \left( \sum_{i=1}^n x_i^2 \right)^{p/2} \right)$$

Or, for all  $x_1, \dots, x_n \in L_p$ ,

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left\| \sum_{i \in S} \pm x_i \right\|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n \|x_i\|^p + \left( \frac{k}{n} \right)^{p/2} \mathbb{E}_{\pm} \left\| \sum_{i=1}^n \pm x_i \right\|^p \right)$$

# The linear background

The inequality was used in [JMST] to characterize the finite dimensional symmetric bases in  $L_p$ ,  $p > 2$ . Later it was used in [FJS] to find the (order of the) distance of  $\ell_q^n$  to a subspace of  $L_p$  for  $2 < q < p$ . For the lower bound only a special case is needed: For all  $k \leq n$

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left| \sum_{i \in S} \pm x_i \right|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n |x_i|^p + \left( \frac{k}{n} \right)^{p/2} \left( \sum_{i=1}^n x_i^2 \right)^{p/2} \right)$$

Or, for all  $x_1, \dots, x_n \in L_p$ ,

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left\| \sum_{i \in S} \pm x_i \right\|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n \|x_i\|^p + \left( \frac{k}{n} \right)^{p/2} \mathbb{E}_{\pm} \left\| \sum_{i=1}^n \pm x_i \right\|^p \right)$$

# The linear background

The inequality was used in [JMST] to characterize the finite dimensional symmetric bases in  $L_p$ ,  $p > 2$ . Later it was used in [FJS] to find the (order of the) distance of  $\ell_q^n$  to a subspace of  $L_p$  for  $2 < q < p$ . For the lower bound only a special case is needed: For all  $k \leq n$

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left| \sum_{i \in S} \pm x_i \right|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n |x_i|^p + \left( \frac{k}{n} \right)^{p/2} \left( \sum_{i=1}^n x_i^2 \right)^{p/2} \right)$$

Or, for all  $x_1, \dots, x_n \in L_p$ ,

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left\| \sum_{i \in S} \pm x_i \right\|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n \|x_i\|^p + \left( \frac{k}{n} \right)^{p/2} \mathbb{E}_{\pm} \left\| \sum_{i=1}^n \pm x_i \right\|^p \right)$$

# The linear background

The inequality was used in [JMST] to characterize the finite dimensional symmetric bases in  $L_p$ ,  $p > 2$ . Later it was used in [FJS] to find the (order of the) distance of  $\ell_q^n$  to a subspace of  $L_p$  for  $2 < q < p$ . For the lower bound only a special case is needed: For all  $k \leq n$

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left| \sum_{i \in S} \pm x_i \right|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n |x_i|^p + \left( \frac{k}{n} \right)^{p/2} \left( \sum_{i=1}^n x_i^2 \right)^{p/2} \right)$$

Or, for all  $x_1, \dots, x_n \in L_p$ ,

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left\| \sum_{i \in S} \pm x_i \right\|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n \|x_i\|^p + \left( \frac{k}{n} \right)^{p/2} \mathbb{E}_{\pm} \left\| \sum_{i=1}^n \pm x_i \right\|^p \right)$$

# The linear background

Plugging for  $x_i$  the image of the  $\ell_q^n$  canonical unit vector basis and optimizing over  $k$ , we get a lower estimate for the distortion of embedding  $\ell_q^n$  into  $L_p$ . It is

$$\geq n \frac{(\frac{1}{2} - \frac{1}{q})(\frac{1}{q} - \frac{1}{p})}{\frac{1}{2} - \frac{1}{p}}$$

and it matches the upper bound.



# The linear background

One last linear remark:

The situation with the  $\ell_p$  spaces is simpler:

For all  $p \neq q$   $\ell_q$  does not embed into  $\ell_p$ .

# The non-linear background

A metric space  $(X, d_X)$  is said to admit a bi-Lipschitz embedding into a metric space  $(Y, d_Y)$  if there exist  $s \in (0, \infty)$ ,  $D \in [1, \infty)$  and a mapping  $f : X \rightarrow Y$  such that

$$\forall x, y \in X, \quad sd_X(x, y) \leq d_Y(f(x), f(y)) \leq Dsd_X(x, y).$$

When this happens we say that that  $(X, d_X)$  embeds into  $(Y, d_Y)$  with distortion at most  $D$ . We denote by  $c_Y(X)$  the infimum over such  $D \in [1, \infty]$ . When  $Y = L_p$  we use the shorter notation  $c_{L_p}(X) = c_p(X)$ .

# The non-linear background

It follows from general principles (mostly differentiation) that  $c_p(L_q)$  and  $c_p(\ell_q^n)$  are equal to their linear counterparts. But these principles no longer apply when dealing with  $c_p(A)$  for a discrete set  $A \subset L_q$

nor for  $c_p(L_q^\alpha)$  where for  $0 < \alpha < 1$   $L_q^\alpha$  denotes  $L_q$  with the metric  $d_{q,\alpha}(x, y) = \|x - y\|_q^\alpha$ .

It turns out however that the non-linear versions of Type and Cotype still apply in such situations when  $q < p < 2$  and  $2 < p < q$  or when  $p$  and  $q$  are on opposite sides of 2.

(But not when  $2 < q < p$ )

# The non-linear background

It follows from general principles (mostly differentiation) that  $c_p(L_q)$  and  $c_p(\ell_q^n)$  are equal to their linear counterparts. But these principles no longer apply when dealing with  $c_p(A)$  for a discrete set  $A \subset L_q$  nor for  $c_p(L_q^\alpha)$  where for  $0 < \alpha < 1$   $L_q^\alpha$  denotes  $L_q$  with the metric  $d_{q,\alpha}(x, y) = \|x - y\|_q^\alpha$ .

It turns out however that the non-linear versions of Type and Cotype still apply in such situations when  $q < p < 2$  and  $2 < p < q$  or when  $p$  and  $q$  are on opposite sides of 2.

(But not when  $2 < q < p$ )

# The non-linear background

It follows from general principles (mostly differentiation) that  $c_p(L_q)$  and  $c_p(\ell_q^n)$  are equal to their linear counterparts. But these principles no longer apply when dealing with  $c_p(A)$  for a discrete set  $A \subset L_q$  nor for  $c_p(L_q^\alpha)$  where for  $0 < \alpha < 1$   $L_q^\alpha$  denotes  $L_q$  with the metric  $d_{q,\alpha}(x, y) = \|x - y\|_q^\alpha$ .

It turns out however that the non-linear versions of Type and Cotype still apply in such situations when  $q < p < 2$  and  $2 < p < q$  or when  $p$  and  $q$  are on opposite sides of 2.

(But not when  $2 < q < p$ )

# The non-linear background

It follows from general principles (mostly differentiation) that  $c_p(L_q)$  and  $c_p(\ell_q^n)$  are equal to their linear counterparts. But these principles no longer apply when dealing with  $c_p(A)$  for a discrete set  $A \subset L_q$  nor for  $c_p(L_q^\alpha)$  where for  $0 < \alpha < 1$   $L_q^\alpha$  denotes  $L_q$  with the metric  $d_{q,\alpha}(x, y) = \|x - y\|_q^\alpha$ .

It turns out however that the non-linear versions of Type and Cotype still apply in such situations when  $q < p < 2$  and  $2 < p < q$  or when  $p$  and  $q$  are on opposite sides of 2.

(But not when  $2 < q < p$ )

# The non-linear background

A metric space  $(X, d_X)$  is said to have (Enflo) type  $r \in [1, \infty)$  if for every  $n \in \mathbb{N}$  and  $f : \{-1, 1\}^n \rightarrow X$ ,

$$\mathbb{E} [d_X(f(\varepsilon), f(-\varepsilon))^r] \lesssim_X \sum_{j=1}^n \mathbb{E} [d_X(f(\varepsilon), f(\varepsilon_1, \dots, \varepsilon_{j-1}, -\varepsilon_j, \varepsilon_{j+1}, \dots, \varepsilon_n))^r], \quad (1)$$

where the expectation is with respect to  $\varepsilon \in \{-1, 1\}^n$  chosen uniformly at random. Note that if  $X$  is a Banach space and  $f$  is the linear function given by  $f(\varepsilon) = \sum_{j=1}^n \varepsilon_j x_j$  then this is the inequality defining type  $r$ .

For  $p \in [1, \infty)$ ,  $L_p$  actually has Enflo type  $r = \min\{p, 2\}$ . i.e.,  $X = L_p$  satisfies (1) with  $f : \{-1, 1\}^n \rightarrow L_p$  allowed to be an arbitrary mapping rather than only a linear mapping. This statement was proved by Enflo in 1969 for  $p \in [1, 2]$  (and by [NS, 2002] for  $p \in (2, \infty)$ ).

# The non-linear background

A metric space  $(X, d_X)$  is said to have (Enflo) type  $r \in [1, \infty)$  if for every  $n \in \mathbb{N}$  and  $f : \{-1, 1\}^n \rightarrow X$ ,

$$\mathbb{E} [d_X(f(\varepsilon), f(-\varepsilon))^r] \lesssim_X \sum_{j=1}^n \mathbb{E} [d_X(f(\varepsilon), f(\varepsilon_1, \dots, \varepsilon_{j-1}, -\varepsilon_j, \varepsilon_{j+1}, \dots, \varepsilon_n))^r], \quad (1)$$

where the expectation is with respect to  $\varepsilon \in \{-1, 1\}^n$  chosen uniformly at random. Note that if  $X$  is a Banach space and  $f$  is the linear function given by  $f(\varepsilon) = \sum_{j=1}^n \varepsilon_j x_j$  then this is the inequality defining type  $r$ .

For  $p \in [1, \infty)$ ,  $L_p$  actually has Enflo type  $r = \min\{p, 2\}$ . i.e.,  $X = L_p$  satisfies (1) with  $f : \{-1, 1\}^n \rightarrow L_p$  allowed to be an arbitrary mapping rather than only a linear mapping. This statement was proved by Enflo in 1969 for  $p \in [1, 2]$  (and by [NS, 2002] for  $p \in (2, \infty)$ ).



# The non-linear background

A metric space  $(X, d_X)$  is said to have (Enflo) type  $r \in [1, \infty)$  if for every  $n \in \mathbb{N}$  and  $f : \{-1, 1\}^n \rightarrow X$ ,

$$\mathbb{E} [d_X(f(\varepsilon), f(-\varepsilon))^r] \lesssim_X \sum_{j=1}^n \mathbb{E} [d_X(f(\varepsilon), f(\varepsilon_1, \dots, \varepsilon_{j-1}, -\varepsilon_j, \varepsilon_{j+1}, \dots, \varepsilon_n))^r], \quad (1)$$

where the expectation is with respect to  $\varepsilon \in \{-1, 1\}^n$  chosen uniformly at random. Note that if  $X$  is a Banach space and  $f$  is the linear function given by  $f(\varepsilon) = \sum_{j=1}^n \varepsilon_j x_j$  then this is the inequality defining type  $r$ .

For  $p \in [1, \infty)$ ,  $L_p$  actually has Enflo type  $r = \min\{p, 2\}$ . i.e.,  $X = L_p$  satisfies (1) with  $f : \{-1, 1\}^n \rightarrow L_p$  allowed to be an arbitrary mapping rather than only a linear mapping. This statement was proved by Enflo in 1969 for  $p \in [1, 2]$  (and by [NS, 2002] for  $p \in (2, \infty)$ ).

# The non-linear background

A metric space  $(X, d_X)$  is said to have (Enflo) type  $r \in [1, \infty)$  if for every  $n \in \mathbb{N}$  and  $f : \{-1, 1\}^n \rightarrow X$ ,

$$\mathbb{E} [d_X(f(\varepsilon), f(-\varepsilon))^r] \lesssim_X \sum_{j=1}^n \mathbb{E} [d_X(f(\varepsilon), f(\varepsilon_1, \dots, \varepsilon_{j-1}, -\varepsilon_j, \varepsilon_{j+1}, \dots, \varepsilon_n))^r], \quad (1)$$

where the expectation is with respect to  $\varepsilon \in \{-1, 1\}^n$  chosen uniformly at random. Note that if  $X$  is a Banach space and  $f$  is the linear function given by  $f(\varepsilon) = \sum_{j=1}^n \varepsilon_j x_j$  then this is the inequality defining type  $r$ .

For  $p \in [1, \infty)$ ,  $L_p$  actually has Enflo type  $r = \min\{p, 2\}$ . i.e.,  $X = L_p$  satisfies (1) with  $f : \{-1, 1\}^n \rightarrow L_p$  allowed to be an arbitrary mapping rather than only a linear mapping. This statement was proved by Enflo in 1969 for  $p \in [1, 2]$  (and by [NS, 2002] for  $p \in (2, \infty)$ ).

# The non-linear background

Here is an illustration how to use Enflo type to show that for  $q < p \leq 2$   $c_p(\{-1, 1\}^n, \|\cdot\|_q) \gtrsim n^{\frac{1}{q}-\frac{1}{p}}$  (that  $c_p(\ell_q^n) \leq n^{\frac{1}{q}-\frac{1}{p}}$  is trivial).

Let  $f : \{-1, 1\}^n \rightarrow L_p$  be such that

$$\forall x, y \in \{-1, 1\}^n, \quad \|x - y\|_q \leq \|f(x) - f(y)\|_p \leq D\|x - y\|_q$$

Then

$$2^p n^{p/q} \leq \mathbb{E} \|f(\varepsilon) - f(-\varepsilon)\|_p^p \lesssim \sum_{j=1}^n \mathbb{E} \|f(\varepsilon) - f(\varepsilon_1, \dots, \varepsilon_{j-1}, -\varepsilon_j, \varepsilon_{j+1}, \dots, \varepsilon_n)\|_p^p \lesssim D^p n 2^p.$$

So  $D \gtrsim n^{\frac{1}{q}-\frac{1}{p}}$ .

Similarly one shows that for  $\alpha > q/p$   $c_p(\{-1, 1\}^n, \|\cdot\|_q^\alpha) \rightarrow \infty$

# The non-linear background

Here is an illustration how to use Enflo type to show that for  $q < p \leq 2$   $c_p(\{-1, 1\}^n, \|\cdot\|_q) \gtrsim n^{\frac{1}{q}-\frac{1}{p}}$  (that  $c_p(\ell_q^n) \leq n^{\frac{1}{q}-\frac{1}{p}}$  is trivial).

Let  $f : \{-1, 1\}^n \rightarrow L_p$  be such that

$$\forall x, y \in \{-1, 1\}^n, \quad \|x - y\|_q \leq \|f(x) - f(y)\|_p \leq D\|x - y\|_q$$

Then

$$2^p n^{p/q} \leq \mathbb{E} \|f(\varepsilon) - f(-\varepsilon)\|_p^p \lesssim \sum_{j=1}^n \mathbb{E} \|f(\varepsilon) - f(\varepsilon_1, \dots, \varepsilon_{j-1}, -\varepsilon_j, \varepsilon_{j+1}, \dots, \varepsilon_n)\|_p^p \lesssim D^p n 2^p.$$

So  $D \gtrsim n^{\frac{1}{q}-\frac{1}{p}}$ .

Similarly one shows that for  $\alpha > q/p$   $c_p(\{-1, 1\}^n, \|\cdot\|_q^\alpha) \rightarrow \infty$

# The non-linear background

Here is an illustration how to use Enflo type to show that for  $q < p \leq 2$   $c_p(\{-1, 1\}^n, \|\cdot\|_q) \gtrsim n^{\frac{1}{q}-\frac{1}{p}}$  (that  $c_p(\ell_q^n) \leq n^{\frac{1}{q}-\frac{1}{p}}$  is trivial).

Let  $f : \{-1, 1\}^n \rightarrow L_p$  be such that

$$\forall x, y \in \{-1, 1\}^n, \quad \|x - y\|_q \leq \|f(x) - f(y)\|_p \leq D\|x - y\|_q$$

Then

$$2^p n^{p/q} \leq \mathbb{E} \|f(\varepsilon) - f(-\varepsilon)\|_p^p \lesssim \sum_{j=1}^n \mathbb{E} \|f(\varepsilon) - f(\varepsilon_1, \dots, \varepsilon_{j-1}, -\varepsilon_j, \varepsilon_{j+1}, \dots, \varepsilon_n)\|_p^p \lesssim D^p n 2^p.$$

So  $D \gtrsim n^{\frac{1}{q}-\frac{1}{p}}$ .

Similarly one shows that for  $\alpha > q/p$   $c_p(\{-1, 1\}^n, \|\cdot\|_q^\alpha) \rightarrow \infty$ .

# The non-linear background

The definition of non-linear cotype is more problematic. Changing the direction of the inequality in the definition of type is no good if  $f(\{-1, 1\}^n)$  is a discrete set. A good definition was sought for a long time until the following:

A metric space  $(X, d_X)$  is said to have (Mendel-Naor) cotype  $s \in [1, \infty)$  if for every  $n \in \mathbb{N}$  there is an  $m \in \mathbb{N}$  such that for all  $f : \mathbb{Z}_{2m}^n \rightarrow X$ ,

$$\sum_{j=1}^n \frac{\mathbb{E} [d_X(f(x + me_j), f(x))^s]}{m^s} \lesssim_X \mathbb{E} [d_X(f(x + \varepsilon), f(x))^s],$$

where the expectation is with respect to  $(x, \varepsilon) \in \mathbb{Z}_{2m}^n \times \{-1, 0, 1\}^n$  chosen uniformly at random.

# The non-linear background

The definition of non-linear cotype is more problematic. Changing the direction of the inequality in the definition of type is no good if  $f(\{-1, 1\}^n)$  is a discrete set. A good definition was sought for a long time until the following:

A metric space  $(X, d_X)$  is said to have (Mendel-Naor) cotype  $s \in [1, \infty)$  if for every  $n \in \mathbb{N}$  there is an  $m \in \mathbb{N}$  such that for all  $f : \mathbb{Z}_{2m}^n \rightarrow X$ ,

$$\sum_{j=1}^n \frac{\mathbb{E} [d_X(f(x + me_j), f(x))^s]}{m^s} \lesssim_X \mathbb{E} [d_X(f(x + \varepsilon), f(x))^s],$$

where the expectation is with respect to  $(x, \varepsilon) \in \mathbb{Z}_{2m}^n \times \{-1, 0, 1\}^n$  chosen uniformly at random.

# The non-linear background

It was proved by Mendel and Naor (2006) that a Banach space  $(X, \|\cdot\|_X)$  has Rademacher cotype  $s$  if and only if it has metric cotype  $s$ , in particular  $L_p$  has metric cotype  $\max\{p, 2\}$ .

Using this one can prove that for  $2 < p < q$ , for some, specific  $m$  depending on  $n$  and  $p$ ,  $c_p(|Z_m^n, \|\cdot\|_q) \rightarrow \infty$  when  $n \rightarrow \infty$ .

The cases when  $p$  and  $q$  are on different sides of 2 can also be dealt with.

$c_p(L_q^\alpha)$  can also be dealt with in these cases.

What about  $c_p(|Z_m^n, \|\cdot\|_q)$  and  $c_p(L_q^\alpha)$  when  $2 < q < p$ ?



# The non-linear background

It was proved by Mendel and Naor (2006) that a Banach space  $(X, \|\cdot\|_X)$  has Rademacher cotype  $s$  if and only if it has metric cotype  $s$ , in particular  $L_p$  has metric cotype  $\max\{p, 2\}$ .

Using this one can prove that for  $2 < p < q$ , for some, specific  $m$  depending on  $n$  and  $p$ ,  $c_p(|Z_m^n, \|\cdot\|_q) \rightarrow \infty$  when  $n \rightarrow \infty$ .

The cases when  $p$  and  $q$  are on different sides of 2 can also be dealt with.

$c_p(L_q^\alpha)$  can also be dealt with in these cases.

What about  $c_p(|Z_m^n, \|\cdot\|_q)$  and  $c_p(L_q^\alpha)$  when  $2 < q < p$ ?

# The non-linear background

It was proved by Mendel and Naor (2006) that a Banach space  $(X, \|\cdot\|_X)$  has Rademacher cotype  $s$  if and only if it has metric cotype  $s$ , in particular  $L_p$  has metric cotype  $\max\{p, 2\}$ .

Using this one can prove that for  $2 < p < q$ , for some, specific  $m$  depending on  $n$  and  $p$ ,  $c_p(|Z_m^n, \|\cdot\|_q) \rightarrow \infty$  when  $n \rightarrow \infty$ .

The cases when  $p$  and  $q$  are on different sides of 2 can also be dealt with.

$c_p(L_q^\alpha)$  can also be dealt with in these cases.

What about  $c_p(|Z_m^n, \|\cdot\|_q)$  and  $c_p(L_q^\alpha)$  when  $2 < q < p$ ?

# The non-linear background

It was proved by Mendel and Naor (2006) that a Banach space  $(X, \|\cdot\|_X)$  has Rademacher cotype  $s$  if and only if it has metric cotype  $s$ , in particular  $L_p$  has metric cotype  $\max\{p, 2\}$ .

Using this one can prove that for  $2 < p < q$ , for some, specific  $m$  depending on  $n$  and  $p$ ,  $c_p(|Z_m^n, \|\cdot\|_q) \rightarrow \infty$  when  $n \rightarrow \infty$ .

The cases when  $p$  and  $q$  are on different sides of 2 can also be dealt with.

$c_p(L_q^\alpha)$  can also be dealt with in these cases.

What about  $c_p(|Z_m^n, \|\cdot\|_q)$  and  $c_p(L_q^\alpha)$  when  $2 < q < p$ ?

# The non-linear background

It was proved by Mendel and Naor (2006) that a Banach space  $(X, \|\cdot\|_X)$  has Rademacher cotype  $s$  if and only if it has metric cotype  $s$ , in particular  $L_p$  has metric cotype  $\max\{p, 2\}$ .

Using this one can prove that for  $2 < p < q$ , for some, specific  $m$  depending on  $n$  and  $p$ ,  $c_p(|Z_m^n, \|\cdot\|_q) \rightarrow \infty$  when  $n \rightarrow \infty$ .

The cases when  $p$  and  $q$  are on different sides of 2 can also be dealt with.

$c_p(L_q^\alpha)$  can also be dealt with in these cases.

What about  $c_p(|Z_m^n, \|\cdot\|_q)$  and  $c_p(L_q^\alpha)$  when  $2 < q < p$ ?

# The non-linear background

One last non-linear remark:

The situation with the  $\ell_p$  spaces is different:

If  $1 \leq q \leq p < \infty$  and  $\alpha \in (0, 1]$  is such that  $(\ell_q, \|x - y\|_q^\alpha)$  admits a bi-Lipschitz embedding into  $\ell_p$  then necessarily  $\alpha \leq q/p$  [Baudier]. Also, for every  $1 \leq q \leq p < \infty$ ,  $(\ell_q, \|\cdot\|_q^{q/p})$  does admit a bi-Lipschitz embedding into  $\ell_p$  [Albiac and Baudier].

# The non-linear background

One last non-linear remark:

The situation with the  $\ell_p$  spaces is different:

If  $1 \leq q \leq p < \infty$  and  $\alpha \in (0, 1]$  is such that  $(\ell_q, \|\cdot\|_q^\alpha)$  admits a bi-Lipschitz embedding into  $\ell_p$  then necessarily  $\alpha \leq q/p$  [Baudier]. Also, for every  $1 \leq q \leq p < \infty$ ,  $(\ell_q, \|\cdot\|_q^{q/p})$  does admit a bi-Lipschitz embedding into  $\ell_p$  [Albiac and Baudier].

# The inequality

Recall the linear  $X_p$  inequality:

$$\mathbb{E}_{\pm, S \subset \{1, \dots, n\}, |S|=k} \left\| \sum_{i \in S} \pm x_i \right\|^p \leq C_p \left( \frac{k}{n} \sum_{i=1}^n \|x_i\|^p + \left( \frac{k}{n} \right)^{p/2} \mathbb{E}_{\pm} \left\| \sum_{i=1}^n \pm x_i \right\|^p \right)$$

# The inequality

for  $S \subset \{1, \dots, n\}$  and  $\varepsilon \in \{-1, 1\}^n$  we denote  $\varepsilon_S = \sum_{j \in S} \varepsilon_j \mathbf{e}_j$ .

## Theorem (Metric $X_p$ inequality)

Fix  $p \in [2, \infty)$ . Suppose that  $m, n \in \mathbb{N}$  and  $k \in \{1, \dots, n\}$  satisfy  $m \geq \frac{n^{3/2} \log p}{\sqrt{k}} + pn$ . Then for every  $f : \mathbb{Z}_{4m}^n \rightarrow L_p$  we have

$$\frac{1}{\binom{n}{k}} \sum_{\substack{S \subset \{1, \dots, n\} \\ |S|=k}} \frac{\mathbb{E} \left[ \|f(x + 2m\varepsilon_S) - f(x)\|_p^p \right]}{m^p} \\ \lesssim_p \frac{k}{n} \sum_{j=1}^n \mathbb{E} \left[ \|f(x + \mathbf{e}_j) - f(x)\|_p^p \right] + \left( \frac{k}{n} \right)^{\frac{p}{2}} \mathbb{E} \left[ \|f(x + \varepsilon) - f(x)\|_p^p \right],$$

where the expectation is with respect to  $(x, \varepsilon) \in \mathbb{Z}_{4m}^n \times \{-1, 1\}^n$  chosen uniformly at random. The constant is  $\left( \frac{C_p}{\log p} \right)^p$ .



## Theorem ( $L_p$ distortion of $L_q$ grids)

For every  $2 < p < \infty$  there exists  $\alpha_p \in (0, \infty)$  such that for every  $q \in (2, p)$  and  $m, n \in \mathbb{N}$  we have

$$C_p(\mathbb{Z}_m^n, \|\cdot\|_q) \geq \alpha_p \left( \min \left\{ m^{\frac{q(p-2)}{q(p-2)+p-q}}, n \right\} \right)^{\frac{(\frac{1}{2}-\frac{1}{q})(\frac{1}{q}-\frac{1}{p})}{(\frac{1}{2}-\frac{1}{p})}}.$$

In particular, if  $m \geq n^{1+\frac{p-q}{q(p-2)}}$ , then

$$C_p(\mathbb{Z}_m^n, \|\cdot\|_q) \geq \alpha_p n^{\frac{(\frac{1}{2}-\frac{1}{q})(\frac{1}{q}-\frac{1}{p})}{(\frac{1}{2}-\frac{1}{p})}} \gtrsim \alpha_p C_p(\ell_q^n).$$

Some lower bound on  $m$  is needed:

$(\{-1, 1\}^n, \|\cdot\|_q) = (\{-1, 1\}^n, \|\cdot\|_2^{2/q})$  and the later (Lipschitz) isometrically embeds in  $L_2$  which isometrically embeds in  $L_p$ .

This also shows that scaling (and using  $\mathbb{Z}_m^n$  instead of just  $\{-1, 1\}^n$ ) is necessary in the metric  $X_p$  inequality.

Some lower bound on  $m$  is needed:

$(\{-1, 1\}^n, \|\cdot\|_q) = (\{-1, 1\}^n, \|\cdot\|_2^{2/q})$  and the later (Lipschitz) isometrically embeds in  $L_2$  which isometrically embeds in  $L_p$ .

This also shows that scaling (and using  $\mathbb{Z}_m^n$  instead of just  $\{-1, 1\}^n$ ) is necessary in the metric  $X_p$  inequality.

Some lower bound on  $m$  is needed:

$(\{-1, 1\}^n, \|\cdot\|_q) = (\{-1, 1\}^n, \|\cdot\|_2^{2/q})$  and the later (Lipschitz) isometrically embeds in  $L_2$  which isometrically embeds in  $L_p$ .

This also shows that scaling (and using  $\mathbb{Z}_m^n$  instead of just  $\{-1, 1\}^n$ ) is necessary in the metric  $X_p$  inequality.

## Theorem ( $L_q$ snowflakes in $L_p$ )

For every  $2 < q < p$  there exists  $\delta(p, q) > 0$  such that if  $\alpha \in (0, 1)$  is such that the metric space  $(L_q, \|x - y\|_q^\alpha)$  admits a bi-Lipschitz embedding into  $L_p$  then necessarily  $\alpha \leq 1 - \delta(p, q)$ . Specifically,  $\alpha$  must satisfy  $\alpha \leq 1 - \frac{(p-q)(q-2)}{2p^3}$ .

Mendel and Naor (2004) showed that for  $2 < q < p$ ,  $L_q^{q/p}$ , the  $(q/p)$ -snowflake of  $L_q$ , is isometric to a subset of  $L_p$ .

We conjecture that this is sharp.

## Theorem ( $L_q$ snowflakes in $L_p$ )

For every  $2 < q < p$  there exists  $\delta(p, q) > 0$  such that if  $\alpha \in (0, 1)$  is such that the metric space  $(L_q, \|x - y\|_q^\alpha)$  admits a bi-Lipschitz embedding into  $L_p$  then necessarily  $\alpha \leq 1 - \delta(p, q)$ . Specifically,  $\alpha$  must satisfy  $\alpha \leq 1 - \frac{(p-q)(q-2)}{2p^3}$ .

Mendel and Naor (2004) showed that for  $2 < q < p$ ,  $L_q^{q/p}$ , the  $(q/p)$ -snowflake of  $L_q$ , is isometric to a subset of  $L_p$ . We **conjecture** that this is sharp.

# A conjecture

We conjecture that the metric  $X_p$  inequality holds whenever  $m \geq C_p \sqrt{n/k}$ . I.e.,

## Conjecture

Fix  $p \in [2, \infty)$ . Suppose that  $m, n \in \mathbb{N}$  and  $k \in \{1, \dots, n\}$  satisfy  $m \geq C_p \sqrt{n/k}$ . Then for every  $f : \mathbb{Z}_{4m}^n \rightarrow L_p$  we have

$$\frac{1}{\binom{n}{k}} \sum_{\substack{S \subset \{1, \dots, n\} \\ |S|=k}} \frac{\mathbb{E} \left[ \|f(x + 2m\epsilon_S) - f(x)\|_p^p \right]}{m^p} \\ \lesssim_p \frac{k}{n} \sum_{j=1}^n \mathbb{E} \left[ \|f(x + e_j) - f(x)\|_p^p \right] + \left( \frac{k}{n} \right)^{\frac{p}{2}} \mathbb{E} \left[ \|f(x + \epsilon) - f(x)\|_p^p \right].$$

# A conjecture

If the conjecture holds then

1. The snowflake conjecture holds: If  $\alpha \in (0, 1)$  is such that the metric space  $(L_q, \|x - y\|_q^\alpha)$  admits a bi-Lipschitz embedding into  $L_p$ ,  $2 < q < p$ , then necessarily  $\alpha \leq q/p$ .

2.  $c_p(\mathbb{Z}_m^n, \|\cdot\|_q)$  is given by the best of the two mentioned embeddings: The linear one (which works for all of  $\ell_q^n$ ) and the one given by thinking of  $(\mathbb{Z}_m^n, \|\cdot\|_q)$  as  $(\mathbb{Z}_m^n, \|\cdot\|_2^{2/q})$ .



# A conjecture

If the conjecture holds then

1. The snowflake conjecture holds: If  $\alpha \in (0, 1)$  is such that the metric space  $(L_q, \|x - y\|_q^\alpha)$  admits a bi-Lipschitz embedding into  $L_p$ ,  $2 < q < p$ , then necessarily  $\alpha \leq q/p$ .
2.  $c_p(\mathbb{Z}_m^n, \|\cdot\|_q)$  is given by the best of the two mentioned embeddings: The linear one (which works for all of  $\ell_q^n$ ) and the one given by thinking of  $(\mathbb{Z}_m^n, \|\cdot\|_q)$  as  $(\mathbb{Z}_m^n, \|\cdot\|_2^{2/q})$ .