

## A Some elementary facts

We first list some useful inequalities for  $\psi_p$  and  $\psi_p^{-1}$ . Note that the estimates may not be the sharpest, but they suffice for our needs.

**Proposition A.2.** *For  $p \geq 1$  and  $x \geq 0$ , let  $\psi_p(x) = \exp(x^p) - 1$  and let  $\psi_p^{-1}(x) = (\log(x+1))^{1/p}$  be its inverse. Then we have the following:*

- (i)  $\psi_p^2(x/2^{1/p}) \leq \psi_p(x)$ .
- (ii)  $x\psi_p(x/4^{1/p}) \leq 2^{1/p}\psi_p(x/2^{1/p})$ .
- (iii) for  $x \geq 0$  and  $q \geq 1$ ,  $\psi_p^{-1}(x^q) \leq q^{1/p}\psi_p^{-1}(x)$ .
- (iv) For  $x \geq 1$ ,  $\psi_p^{-1}(x) \leq (\log(x))^{1/p} + 1$ .

*Proof.*

- (i) For any  $x \geq 0$ ,

$$\begin{aligned}\psi_p(x) &= \exp(x^p) - 1 = (\exp(x^p/2) - 1)(\exp(x^p/2) + 1) \geq (\exp(x^p/2) - 1)^2 \\ &= \psi_p^2(x/2^{1/p}).\end{aligned}$$

- (ii) We only need to consider the case  $x \geq 1$  since otherwise the inequality is obvious. Since  $y \leq 2(\exp(y/4) + 1)$  for all  $y \geq 1$ , we have

$$x \leq 2^{1/p}(\exp(x^p/4) + 1)^{1/p} \leq 2^{1/p}(\exp(x^p/4p) + 1) \leq 2^{1/p}(\exp(x^p/4) + 1).$$

Then

$$\begin{aligned}x\psi_p(x/4^{1/p}) &= x(\exp(x^p/4) - 1) \\ &\leq 2^{1/p}(\exp(x^p/4) + 1)(\exp(x^p/4) - 1) \\ &= 2^{1/p}(\exp(x^p/2) - 1) \\ &= 2^{1/p}\psi_p(x/2^{1/p}).\end{aligned}$$

- (iii) Since  $x \geq 0$  and  $q \geq 1$ ,

$$\psi_p^{-1}(x^q) = (\log(1 + x^q))^{1/p} \leq (\log(1 + x)^q)^{1/p} = q^{1/p}\psi_p^{-1}(x).$$

- (iv) When  $x \geq 1$ ,

$$ex \geq x + 1 \implies \log x + 1 \geq \log(x + 1) \implies \log^{1/p}(x) + 1 \geq \psi_p^{-1}(x).$$

□

The following simple result is for converting between sums and integrals:

**Proposition A.3.** *For any  $r \geq 2$ ,  $K \in \mathbb{N}$ , and a continuous nonincreasing  $f : (0, +\infty) \rightarrow (0, +\infty)$ , we have*

$$\sum_{k=1}^K r^{-k} f(r^{-k}) \leq r \int_0^1 f(\varepsilon) d\varepsilon \leq r^2 \sum_{k=0}^{\infty} r^{-k} f(r^{-k}) \quad (\text{A.1})$$

*Proof.* Using the monotonicity of  $f$ , we have

$$\begin{aligned}\sum_{k=1}^K r^{-k} f(r^{-k}) &\leq \sum_{k=1}^K r^{-k}(r-1)f(r^{-k}) \leq r \sum_{k=1}^K \int_{r^{-k-1}}^{r^{-k}} f(\varepsilon) d\varepsilon \\ &\leq r \int_0^1 f(\varepsilon) d\varepsilon \leq r \sum_{k=0}^{\infty} \int_{r^{-k}}^{r^{-k+1}} f(\varepsilon) d\varepsilon \leq r^2 \sum_{k=0}^{\infty} r^{-k} f(r^{-k}).\end{aligned}$$

□

## B Omitted proofs

### B.1 Proofs for Section 2

**Proof of Proposition 1.** It follows from the inequality  $x \log(x+1) \leq x \log x + 1$ ,  $x \geq 0$ , that

$$\frac{d\mu}{d\nu} \log \left( \frac{d\mu}{d\nu} + 1 \right) \leq \frac{d\mu}{d\nu} \log \frac{d\mu}{d\nu} + 1.$$

Using this and Jensen's inequality, we get

$$\begin{aligned} \left\langle \mu, \psi_p^{-1} \left( \frac{d\mu}{d\nu} \right) \right\rangle &= \left\langle \mu, \left( \log \left( \frac{d\mu}{d\nu} + 1 \right) \right)^{1/p} \right\rangle \\ &\leq \left( \left\langle \mu, \log \left( \frac{d\mu}{d\nu} + 1 \right) \right\rangle \right)^{1/p} \\ &= \left( \left\langle \nu, \frac{d\mu}{d\nu} \log \left( \frac{d\mu}{d\nu} + 1 \right) \right\rangle \right)^{1/p} \\ &\leq \left( \left\langle \nu, \frac{d\mu}{d\nu} \log \frac{d\mu}{d\nu} \right\rangle + 1 \right)^{1/p} \\ &= (D(\mu \| \nu) + 1)^{1/p}. \end{aligned}$$

### B.2 Proofs for Section 3

**Proof of Lemma 1.** To prove (4), we start with the Young-type inequality

$$xy \leq \psi_p^*(x) + \psi_p(y), \quad x, y \geq 0$$

where

$$\psi_p^*(x) := \sup_{y \geq 0} (xy - \psi_p(y))$$

is the (one-sided) Legendre–Fenchel conjugate of  $\psi_p$ . While a closed-form expression for  $\psi_p^*$  is not available, we claim that we can bound it from above as  $\psi_p^*(x) \leq 2^{1/p} x \psi_p^{-1}(x)$ , resulting in

$$xy \leq 2^{1/p} x \psi_p^{-1}(x) + \psi_p(y). \quad (\text{B.1})$$

To establish the claim, we write

$$\sup_{y \geq 0} (xy - \psi_p(y)) = \sup_{y \geq 0} (xy - (e^{y^p/2} - 1)(e^{y^p/2} + 1))$$

and consider two cases:

- if  $y \leq 2^{1/p} \psi_p^{-1}(x)$ , then

$$xy - (e^{y^p/2} - 1)(e^{y^p/2} + 1) \leq 2^{1/p} x \psi_p^{-1}(x).$$

- if  $y > 2^{1/p} \psi_p^{-1}(x)$ , then

$$xy - (e^{y^p/2} - 1)(e^{y^p/2} + 1) \leq (e^{y^p/2} - 1)(y - (e^{y^p/2} + 1)) \leq 0.$$

Applying (B.1) with  $x = \frac{d\mu}{d\nu}$  and  $y = g$  gives

$$g \frac{d\mu}{d\nu} \leq 2^{1/p} \frac{d\mu}{d\nu} \psi_p^{-1} \left( \frac{d\mu}{d\nu} \right) + \psi_p(g),$$

so that

$$\begin{aligned} \langle \mu, fg \rangle &= \left\langle \nu, fg \frac{d\mu}{d\nu} \right\rangle \\ &\leq \left\langle \nu, \left( 2^{1/p} f \frac{d\mu}{d\nu} \psi_p^{-1} \left( \frac{d\mu}{d\nu} \right) + f \psi_p(g) \right) \right\rangle \\ &= 2^{1/p} \left\langle \mu, f \psi_p^{-1} \left( \frac{d\mu}{d\nu} \right) \right\rangle + \langle \nu, f \psi_p(g) \rangle. \end{aligned}$$

To prove (5), define the event

$$E := \left\{ \frac{d\mu}{d\nu} \geq \frac{\exp(g^p/4) - 1}{\langle \nu, \exp(g^p) \rangle} \right\}.$$

Then, since  $\langle \nu, \exp(g^p) \rangle \geq 1$ ,

$$\begin{aligned} \int_E fg \, d\mu &\leq 4^{1/p} \int f \left( \log \left( \frac{d\mu}{d\nu} \langle \nu, \exp(g^p) \rangle + 1 \right) \right)^{1/p} d\mu \\ &\leq 4^{1/p} \int f \left( \log \left( \frac{d\mu}{d\nu} + 1 \right) + \log \langle \nu, \exp(g^p) \rangle \right)^{1/p} d\mu \\ &\leq 4^{1/p} \int f \left( \log \left( \frac{d\mu}{d\nu} + 1 \right) \right)^{1/p} d\mu + 4^{1/p} \int f \, d\mu \cdot \left( \log \langle \nu, \exp(g^p) \rangle \right)^{1/p} \\ &= 4^{1/p} \left\langle \mu, f \psi_p^{-1} \left( \frac{d\mu}{d\nu} \right) \right\rangle + 4^{1/p} \|f\|_{L^1(\mu)} \left( \log \langle \nu, \exp(g^p) \rangle \right)^{1/p}. \end{aligned}$$

On the other hand,

$$\begin{aligned} \int_{E^c} fg \, d\mu &\leq \int fg \frac{\exp(g^p/4) - 1}{\langle \nu, \exp(g^p) \rangle} d\nu \\ &\leq 2^{1/p} \int f \frac{\exp(g^p/2)}{\langle \nu, \exp(g^p) \rangle} d\nu \\ &\leq 2^{1/p} \|f\|_{L^2(\nu)}, \end{aligned}$$

where the first inequality is by the definition of  $E$ , the second inequality follows from Proposition A.2(ii), and the third inequality is by Cauchy–Schwarz. Putting everything together, we get (5).

### B.3 Proofs for Section 4

**Proof of Theorem 1.** It follows from the independence of  $Z_1, \dots, Z_n$  that  $\text{gen}(w, S)$  is  $(\sigma/\sqrt{n})$ -subgaussian, so

$$\mathbf{E} \left[ \psi_2 \left( \frac{|\text{gen}(w, S)|}{\sigma\sqrt{6/n}} \right) \right] \leq 1, \quad \forall w \in \mathcal{W}. \quad (\text{B.2})$$

Using Lemma 1 with  $\mu = P_{W|S}$ ,  $\nu = Q_W$ ,  $f(w) = \sigma\sqrt{6/n}$ , and  $g(w) = \frac{|\text{gen}(w, S)|}{\sigma\sqrt{6/n}}$ , we have

$$\langle P_{W|S}, |\text{gen}(\cdot, S)| \rangle \leq \sqrt{\frac{12\sigma^2}{n}} \left( \left\langle P_{W|S}, \psi_2^{-1} \left( \frac{dP_{W|S}}{dQ_W} \right) \right\rangle + \left\langle Q_W, \psi_2 \left( \frac{|\text{gen}(\cdot, S)|}{\sigma\sqrt{6/n}} \right) \right\rangle \right).$$

Taking expectations of both sides w.r.t.  $P_S$  and using Fubini's theorem and (B.2), we get (6).

**Proof of Corollary 1.** Applying Proposition 1 conditionally on  $S$  gives

$$\left\langle P_{W|S}, \psi_2^{-1} \left( \frac{dP_{W|S}}{dQ_W} \right) \right\rangle \leq \sqrt{D(P_{W|S} \| Q_W) + 1},$$

where the divergence  $D(P_{W|S} \| Q_W)$ , being a function of  $S$ , is a random variable. Substituting this into (6) and using Jensen's inequality, the definition of conditional divergence, and  $\sqrt{a+b} \leq \sqrt{a} + \sqrt{b} \leq \sqrt{2(a+b)}$ , we get

$$\mathbf{E}[|\text{gen}(W, S)|] \leq \sqrt{\frac{24\sigma^2}{n}} \left( D(P_{W|S} \| Q_W | P_S) + 4 \right).$$

Taking the infimum of both sides w.r.t.  $Q_W$  and using (2), we get (7).

**Proof of Theorem 2.** For each fixed  $(w, \tilde{s})$ , the random variable  $\delta(w, \tilde{s}, \varepsilon) := |\sum_{i=1}^n \varepsilon_i (\ell(w, z'_i) - \ell(w, z_i))|$  is  $\sigma(w, \tilde{s})$ -subgaussian, where  $\sigma(w, \tilde{s}) := (\sum_{i=1}^n (\ell(w, z'_i) - \ell(w, z_i))^2)^{1/2}$ . Thus,

$$\mathbf{E}_\varepsilon[\zeta(w, \tilde{s}, \varepsilon)] := \mathbf{E}_\varepsilon \left[ \psi_2 \left( \frac{\delta(w, \tilde{s}, \varepsilon)}{\sqrt{6}\sigma(w, \tilde{s})} \right) \right] \leq 1, \quad \forall (w, \tilde{s}). \quad (\text{B.3})$$

Applying Lemma 1 conditionally on  $(\tilde{S}, \varepsilon)$  with  $\mu = \bar{P}_{W|\tilde{S}, \varepsilon}$ ,  $\nu = Q_{W|\tilde{S}}$ ,  $f(w) = \sigma(w, \tilde{S})$ ,  $g(w) = \zeta(w, \tilde{S}, \varepsilon)$ , we obtain

$$\begin{aligned} & \langle \bar{P}_{W|\tilde{S}, \varepsilon}, \sigma(\cdot, \tilde{S}) \zeta(\cdot, \tilde{S}, \varepsilon) \rangle \\ & \leq \sqrt{2} \left\langle \bar{P}_{W|\tilde{S}, \varepsilon}, \sigma(\cdot, \tilde{S}) \psi_2^{-1} \left( \frac{d\bar{P}_{W|\tilde{S}, \varepsilon}}{dQ_{W|\tilde{S}}} \right) \right\rangle + \left\langle Q_{W|\tilde{S}}, \sigma(\cdot, \tilde{S}) \psi_2(\zeta(\cdot, \tilde{S}, \varepsilon)) \right\rangle \\ & \leq \sqrt{2} \|\Delta(\tilde{S})\|_{\ell^2} \left( \left\langle \bar{P}_{W|\tilde{S}, \varepsilon}, \psi_2^{-1} \left( \frac{d\bar{P}_{W|\tilde{S}, \varepsilon}}{dQ_{W|\tilde{S}}} \right) \right\rangle + \left\langle Q_{W|\tilde{S}}, \psi_2(\zeta(\cdot, \tilde{S}, \varepsilon)) \right\rangle \right). \end{aligned}$$

Taking expectations of both sides w.r.t.  $\tilde{S}$  and  $\varepsilon$ , then using Fubini's theorem, (B.3), and the inequality  $\mathbf{E}_P[\text{gen}(W, S)] \leq \frac{1}{n} \mathbf{E}_{\bar{P}}[\delta(W, \tilde{S}, \varepsilon)]$ , we obtain (8).

**Proof of Corollary 2.** For any  $Q_{W|\tilde{S}}$ , using Proposition 1, Cauchy–Schwarz, and the independence of  $(Z'_i, Z_i)$ , we have

$$\begin{aligned} & \mathbf{E}_{\bar{P}} \left[ \|\Delta(\tilde{S})\|_{\ell^2} \psi_2^{-1} \left( \frac{d\bar{P}_{W|\tilde{S}, \varepsilon}}{dQ_{W|\tilde{S}}} \right) \right] \\ & \leq \sqrt{\mathbf{E}_{\bar{P}}[\|\Delta(\tilde{S})\|_{\ell^2}^2] (D(\bar{P}_{W|\tilde{S}, \varepsilon} \| Q_{W|\tilde{S}} | \bar{P}_{\tilde{S}, \varepsilon}) + 1)} \\ & = \sqrt{n \mathbf{E}[\Delta(Z, Z')^2] (D(\bar{P}_{W|\tilde{S}, \varepsilon} \| Q_{W|\tilde{S}} | \bar{P}_{\tilde{S}, \varepsilon}) + 1)}. \end{aligned}$$

Substituting this estimate into (8), taking the infimum of both sides w.r.t.  $Q_{W|\tilde{S}}$ , and using (3), we get (9).

#### B.4 Proofs for Section 5

**Proof of Theorem 3.** Let

$$\begin{aligned} \delta(u, v, z, z') &:= (\ell(u, z') - \ell(v, z')) - (\ell(u, z) - \ell(v, z)), \\ \delta(u, v, \tilde{s}) &:= \sum_{i=1}^n \delta(u, v, z_i, z'_i), \\ \zeta(u, v, \tilde{s}) &:= \frac{|\delta(u, v, \tilde{s})|}{\sqrt{6}\sigma(u, v, \tilde{s})}. \end{aligned}$$

For each fixed  $(u, v) \in \mathcal{W}^2$ ,  $\delta(u, v, Z_i, Z'_i)$ ,  $1 \leq i \leq n$ , are i.i.d. symmetric random variables. Therefore, introducing a tuple  $\varepsilon = (\varepsilon_1, \dots, \varepsilon_n)$  of i.i.d. Rademacher random variables independent of everything else and using the fact that the joint distributions of  $(\delta(u, v, Z_i, Z'_i))_{i=1}^n$  and  $(\varepsilon_i \delta(u, v, Z_i, Z'_i))_{i=1}^n$  are the same, we see that

$$\mathbf{E}[\psi_2(\zeta(u, v, \tilde{S}))] = \mathbf{E}_{\tilde{S}} \mathbf{E}_\varepsilon \left[ \psi_2 \left( \frac{|\sum_{i=1}^n \varepsilon_i \delta(u, v, Z_i, Z'_i)|}{\sqrt{6}\sigma(u, v, \tilde{S})} \right) \right] \leq 1,$$

where the inequality follows from the fact that, conditionally on  $S$  and  $S'$ , the random variables  $\sum_{i=1}^n \varepsilon_i \delta(u, v, Z_i, Z'_i)$  are  $\sigma(u, v, \tilde{S})$ -subgaussian.

Now, given  $Q_W \in \mathcal{P}(\mathcal{W})$  and a family of couplings  $P_{UV|S=s} \in \Pi(P_{W|S=s}, Q_W)$ , it follows from the above definitions and from (10) that

$$\mathbf{E}[\text{gen}(W, S)] \leq \frac{1}{n} \mathbf{E}[\|\delta(U, V, \tilde{S})\|] = \frac{\sqrt{6}}{n} \mathbf{E}[\sigma(U, V, \tilde{S}) \zeta(U, V, \tilde{S})]. \quad (\text{B.4})$$

Picking any  $\rho_{UV} \in \mathcal{P}(\mathcal{W} \times \mathcal{W})$  such that  $P_{UV|S=s} \ll \rho_{UV}$  for all  $s \in \mathcal{Z}^n$  and applying Lemma 1, we get

$$\begin{aligned} & \langle P_{UV|S}, \sigma(\cdot, \tilde{S}) \zeta(\cdot, \tilde{S}) \rangle \\ & \leq 2 \left\langle P_{UV|S}, \sigma(\cdot, \tilde{S}) \psi_2^{-1} \left( \frac{dP_{UV|S}}{d\rho_{UV}} \right) \right\rangle + \sqrt{2} \left\langle \rho_{UV}, \sigma(\cdot, \tilde{S}) \psi_2 \left( \frac{\zeta(\cdot, \tilde{S})}{\sqrt{2}} \right) \right\rangle. \end{aligned}$$

Using the inequality  $\psi_2^2(x/\sqrt{2}) \leq \psi_2(x)$  (see Proposition A.2(i)), Cauchy–Schwarz, and (B.4), we have

$$\mathbf{E} \left[ \sigma(u, v, \tilde{S}) \psi_2 \left( \frac{\zeta(u, v, \tilde{S})}{\sqrt{2}} \right) \right] \leq \sqrt{\mathbf{E}[\sigma^2(u, v, \tilde{S})]}, \quad \forall (u, v) \in \mathcal{W} \times \mathcal{W}.$$

Putting everything together and taking expectations w.r.t.  $S$  and  $S'$ , we obtain (12).

**Proof of Corollary 3.** For  $\sigma$  defined in Theorem 3, we have

$$\sigma^2(u, v, \tilde{S}) \leq 2 \sum_{i=1}^n \left( (\ell(u, Z'_i) - \ell(v, Z'_i))^2 + (\ell(u, Z_i) - \ell(v, Z_i))^2 \right).$$

Taking conditional expectations given  $U, V, S$  and using Jensen's inequality gives

$$\begin{aligned} \mathbf{E}[\sigma(U, V, \tilde{S}) | U, V, S] & \leq \sqrt{\mathbf{E}[\sigma^2(U, V, \tilde{S}) | U, V, S]} \\ & \leq \sqrt{2n} (d_\ell(U, V) + d_{S, \ell}(U, V)). \end{aligned}$$

An analogous argument gives

$$\sqrt{\mathbf{E}[\sigma^2(\bar{U}, \bar{V}, \tilde{S}) | \bar{U}, \bar{V}]} \leq 2\sqrt{n} d_\ell(\bar{U}, \bar{V}).$$

Substituting these estimates into (12) gives the desired result.

## B.5 Proofs for Section 6

**Proof of Theorem 5.** Using the definition of  $\bar{\ell}$ , we have

$$\mathbf{E}[\text{gen}(W, S)] = \frac{1}{n} \sum_{k=1}^K \mathbf{E} \left[ \sum_{i=1}^n (\bar{\ell}(W_k, Z_i) - \bar{\ell}(W_{k-1}, Z_i)) \right].$$

Applying Lemma 1 conditionally on  $S$  with  $f(u, v) = d(u, v)$ ,  $g(u, v) = \frac{|\sum_{i=1}^n (\bar{\ell}(u, Z_i) - \bar{\ell}(v, Z_i))|}{\sqrt{nd}(u, v)}$ ,  $\mu = P_{W_k W_{k-1} | S}$  and  $\nu = \rho_{W_k W_{k-1}}$ , taking expectations w.r.t.  $P_S$ , and using (13) gives the desired result.

**Proof of Corollary 4.** For each  $k \geq 1$ , let  $\rho_{W_k W_{k-1}} = P_{W_k W_{k-1}}$ . Then

$$\frac{dP_{W_k W_{k-1} | S}}{dP_{W_k W_{k-1}}} = \frac{dP_{W_k W_{k-1} | S}}{d(P_{W_k W_{k-1}} \otimes P_S)} = \frac{dP_{S | W_k W_{k-1}}}{dP_S} = \frac{dP_{S | W_k}}{dP_S},$$

where we have made use of Bayes' rule and the fact that  $S \perp\!\!\!\perp W_{k-1} | W_k$ . Using this in (14) together with Proposition 1 gives (15). An application of Cauchy–Schwarz and Jensen gives (16).

**Proof of Corollary 5.** For each  $k \geq 1$ , let  $\rho_{W_k W_{k-1}} = P_{W_k W_{k-1}}$ . Notice that, by disintegration and the choice of couplings,

$$\mathbf{E}[d(\bar{W}_k, \bar{W}_{k-1})] = \mathbf{E} \left[ \int d(u, v) P_{W_k W_{k-1} | S}(du, dv) \right] \leq \mathbf{E}[W_2(P_{W_k | S}, P_{W_{k-1} | S})],$$

where we have used the fact that  $W_2(\cdot, \cdot)$  dominates  $W_1(\cdot, \cdot)$  [23]. Since  $P_{W_k | S}$  are points on the geodesic connecting  $P_{W | S}$  and  $P_W$ , we have

$$\sum_{k=1}^K W_2(P_{W_k | S}, P_{W_{k-1} | S}) = \sum_{k=1}^K (t_k - t_{k-1}) W_2(P_{W | S}, P_W) = W_2(P_{W | S}, P_W).$$

Using this together with Cauchy–Schwarz and Proposition 1, we obtain (17).

## B.6 Proofs for Section 7

**Proof of Theorem 6.** Applying (5) conditionally on  $S$  with  $f(w) = \sigma\sqrt{6/n}$ ,  $g(w) = \frac{|\text{gen}(w, S)|}{\sigma\sqrt{6/n}}$ ,  $\mu = P_{W|S}$ , and  $\nu = Q_W$ , we have

$$\begin{aligned} & \langle P_{W|S}, |\text{gen}(W, S)| \rangle \\ & \leq \sqrt{\frac{24\sigma^2}{n}} \left( 1 + \left\langle P_{W|S}, \psi_2^{-1} \left( \frac{dP_{W|S}}{dQ_W} \right) \right\rangle + \left( \log \left\langle Q_W, \exp \left( \frac{\text{gen}^2(\cdot, S)}{6\sigma^2/n} \right) \right\rangle \right)^{1/2} \right). \end{aligned}$$

Since  $\ell(w, S)$  is  $(\sigma/\sqrt{n})$ -subgaussian for all  $w$ , Markov's inequality gives, for any  $0 < \delta < 1$ ,

$$\mathbf{P} \left[ \left\langle Q_W, \exp \left( \frac{\text{gen}^2(\cdot, S)}{6\sigma^2/n} \right) \right\rangle > \frac{2}{\delta} \right] \leq \frac{\delta}{2} \left\langle P_S \otimes Q_W, \exp \left( \frac{\text{gen}^2(\cdot, \cdot)}{6\sigma^2/n} \right) \right\rangle \leq \delta,$$

which concludes the proof.

**Proof of Theorem 7.** The argument is almost identical to the proof of Theorem 3, with the difference that (5) is used for decorrelation.

To lighten the notation, let  $\pi_k^S := P_{W_k W_{k-1}|S}$  and  $\rho_k := \rho_{W_k W_{k-1}}$ . Use the same definitions of  $\delta, \sigma, \zeta$  as in the proof of Theorem 3. Then, applying (5) with  $f(\cdot) = \sigma(\cdot, \tilde{S})$ ,  $g(\cdot) = \zeta(\cdot, \tilde{S})$ ,  $\mu = \pi_k^S$ ,  $\nu = \rho_k$ , we have

$$\begin{aligned} \langle \pi_k^S, \sigma(\cdot, \tilde{S}) \zeta(\cdot, \tilde{S}) \rangle & \leq \sqrt{2} \|\sigma(\cdot, \tilde{S})\|_{L^2(\rho_k)} + 2 \left\langle \pi_k^S, \sigma(\cdot, \tilde{S}) \psi_2^{-1} \left( \frac{d\pi_k^S}{d\rho_k} \right) \right\rangle \\ & \quad + 2 \|\sigma(\cdot, \tilde{S})\|_{L^1(\pi_k^S)} \sqrt{\log \langle \rho_k, \exp(\zeta^2(\cdot, \tilde{S})) \rangle}. \end{aligned}$$

By Markov's inequality and the union bound, for any  $0 < \delta < 1$ ,

$$\mathbf{P} \left[ \exists k \text{ s.t. } \left\langle \rho_k, \exp(\zeta^2(\cdot, \tilde{S})) \right\rangle > \frac{2}{p_k \delta} \right] \leq \sum_k \frac{p_k \delta}{2} \left\langle P_{\tilde{S}} \otimes \rho_k, \exp(\zeta^2(\cdot, \cdot)) \right\rangle \leq \delta.$$

Using this together with the estimate  $\sigma(\cdot, \tilde{S}) \leq 2\sqrt{n} d_{\tilde{S}, \ell}(\cdot)$  yields the result in the statement.

## B.7 Proofs for Section 8

**Proof of Theorem 8.** Without loss of generality, we assume  $\text{diam}(T) = 1$ . Let  $Q$  be the Markov kernel from  $\Omega$  to  $T$  defined by  $Q(\cdot|\omega) = \delta_{\tau(\omega)}(\cdot)$ ; in particular,  $\nu(\cdot) = \int_{\Omega} \mathbb{P}(d\omega) Q(\cdot|\omega)$ .

Fix some  $r \geq 2$ . For each  $k \geq 0$  and each  $t \in T$ , let  $B_k(t) := B(t, r^{-k})$ . Since  $T$  is finite, there exists some  $K \in \mathbb{N}$ , such that  $B_K(t) = \{t\}$  for all  $t \in T$ . Let  $\mu \in \mathcal{P}(T)$  be given. Define the following sequence of Markov kernels from  $\Omega$  to  $T$ :

$$Q_k(\cdot|\omega) := \frac{\mu(\cdot \cap B_k(\tau(\omega)))}{\mu(B_k(\tau(\omega)))}, \quad k = 0, \dots, K.$$

Observe that  $Q_0 = \mu$  and  $Q_K = Q$ . Then, since

$$\langle \mathbb{P} \otimes \mu, X \rangle = \int_{\Omega \times T} \mathbb{P}(d\omega) \mu(dt) X_t(\omega) = \int_T \mu(dt) \mathbf{E}[X_t] = 0,$$

we can write

$$\begin{aligned} \mathbf{E}[X_{\tau}] &= \langle \mathbb{P} \otimes Q, X \rangle - \langle \mathbb{P} \otimes \mu, X \rangle \\ &= \langle \mathbb{P} \otimes Q_K, X \rangle - \langle \mathbb{P} \otimes Q_0, X \rangle \\ &= \sum_{k=1}^K \langle \mathbb{P} \otimes Q_k - \mathbb{P} \otimes Q_{k-1}, X \rangle \\ &= \sum_{k=1}^K \int_{\Omega} \left( \int_T X_t(\omega) Q_k(dt|\omega) - \int_T X_t(\omega) Q_{k-1}(dt|\omega) \right) \mathbb{P}(d\omega) \\ &\leq \sum_{k=1}^K \int_{\Omega} \int_{T \times T} |X_u(\omega) - X_v(\omega)| Q_k(du|\omega) Q_{k-1}(dv|\omega) \mathbb{P}(d\omega). \end{aligned}$$

Applying (4) conditionally on  $\omega$  with

$$\begin{aligned} f(u, v) &= \mathbf{1}_{B_k(\tau(\omega))}(u) \mathbf{1}_{B_{k-1}(\tau(\omega))}(v) d(u, v), \\ g(u, v) &= \frac{|X_u(\omega) - X_v(\omega)|}{d(u, v)}, \\ \mu(du, dv) &= Q_k(du|\omega) \otimes Q_{k-1}(dv|\omega), \\ \nu(du, dv) &= \mu(du) \otimes \mu(dv), \end{aligned}$$

and using the fact that  $Q_k(\cdot|\omega)$  is supported on  $B_k(\tau(\omega))$  and  $B_k(\tau(\omega)) \subseteq B_{k-1}(\tau(\omega))$ , we have

$$\begin{aligned} & \int_{T \times T} |X_u(\omega) - X_v(\omega)| Q_k(du|\omega) Q_{k-1}(dv|\omega) \\ & \leq 2^{1/p} r^{-k+1} \psi_p^{-1} \left( \frac{1}{\mu(B_k(\tau(\omega)))^2} \right) + r^{-k+1} \int_{T \times T} \psi_p \left( \frac{|X_u(\omega) - X_v(\omega)|}{d(u, v)} \right) \mu(du) \mu(dv) \\ & \leq 2^{2/p} r^{-k+1} \psi_p^{-1} \left( \frac{1}{\mu(B_k(\tau(\omega)))} \right) + r^{-k+1} \int_{T \times T} \psi_p \left( \frac{|X_u(\omega) - X_v(\omega)|}{d(u, v)} \right) \mu(du) \mu(dv), \end{aligned}$$

where the first term in the last step is due to Proposition A.2(iii). Then, using the increment condition and Proposition A.3, we have

$$\begin{aligned} \mathbf{E}[X_\tau] & \leq 2^{2/p} \sum_{k=1}^K r^{-k+1} \int_T \psi_p^{-1} \left( \frac{1}{\mu(B(t, r^{-k}))} \right) \nu(dt) + \sum_{k=1}^K r^{-k+1} \\ & \leq 1 + 2^{2/p} r^2 \int_T \int_0^1 \psi_p^{-1} \left( \frac{1}{\mu(B(t, \varepsilon))} \right) d\varepsilon \nu(dt). \end{aligned}$$

Since  $1/\mu(B(t, \varepsilon)) \geq 1$ , we can apply Proposition A.2(iv) to obtain the inequality

$$\mathbf{E}[X_\tau] \leq 2^{2/p} r^2 \left( 2 + \int_T \int_0^1 \left( \log \frac{1}{\mu(B(t, \varepsilon))} \right)^{1/p} d\varepsilon \nu(dt) \right).$$

We can now take  $r = 2$  to get the desired result when  $\text{diam}(T) = 1$ ; the general finite-diameter case follows by straightforward rescaling.