

Projected Gradient Descent



Cong Ma

University of Chicago, Winter 2026

Constrained optimization problems

$$\begin{aligned} & \text{minimize}_x && f(\mathbf{x}) \\ & \text{subject to} && \mathbf{x} \in \mathcal{C} \end{aligned}$$

- $f(\cdot)$: convex function
- $\mathcal{C} \subseteq \mathbb{R}^n$: closed convex set

Stationary Points for Constrained Problems

Let $C \subseteq \mathbb{R}^d$ be a **closed, convex** set and let $f : C \rightarrow \mathbb{R}$ be **continuously differentiable**.

We consider the constrained problem

$$(P) \quad \min_{x \in C} f(x).$$

Definition 1 (Stationary point)

A point $x^* \in C$ is called a **stationary point** of (P) if

$$\nabla f(x^*)^\top (x - x^*) \geq 0, \quad \forall x \in C.$$

- Interpretation: no feasible descent direction.

Stationarity Is Necessary for Local Optimality

Let $C \subseteq \mathbb{R}^d$ be **closed and convex**, and let $f : C \rightarrow \mathbb{R}$ be **continuously differentiable**. Consider

$$(P) \quad \min_{x \in C} f(x).$$

Theorem 2 (Stationarity as a necessary condition)

If x^* is a *local minimum* of (P), then x^* is a *stationary point* of (P), i.e.

$$\nabla f(x^*)^\top (x - x^*) \geq 0, \quad \forall x \in C.$$

For Convex Problems, Stationary \Leftrightarrow Optimal

Let $C \subseteq \mathbb{R}^d$ be **closed and convex**, and let $f : C \rightarrow \mathbb{R}$ be **continuously differentiable and convex**. Consider

$$(P) \quad \min_{x \in C} f(x).$$

Theorem 3 (Stationarity is necessary and sufficient)

A point $x^* \in C$ is *stationary* for (P), i.e.

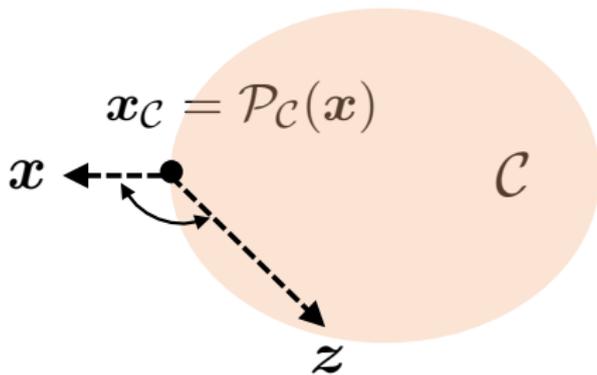
$$\nabla f(x^*)^\top (x - x^*) \geq 0 \quad \forall x \in C,$$

if and only if x^* is a *global optimal solution* of (P).

Projection onto Closed and Convex Set

Let $C \subseteq \mathbb{R}^d$ be nonempty, **closed** and **convex**. Given $x \in \mathbb{R}^d$, define the projection

$$x_C := P_C(x) \in \arg \min_{z \in C} \|z - x\|_2^2.$$

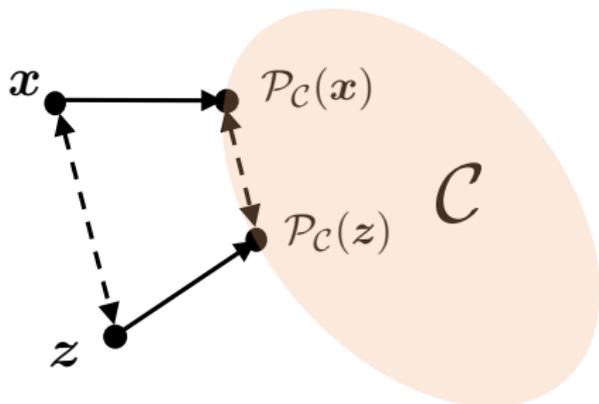


Fact 4 (Projection theorem)

Let C be closed & convex. Then x_C is the projection of x onto C iff

$$(x - x_C)^\top (z - x_C) \leq 0, \quad \forall z \in C$$

Aside: nonexpansiveness of projection operator



Fact 5 (Nonexpansiveness of projection)

For any x and z , one has $\|\mathcal{P}_C(x) - \mathcal{P}_C(z)\|_2 \leq \|x - z\|_2$

Projection is Firmly Nonexpansive

Let $C \subseteq \mathbb{R}^d$ be nonempty, closed, and convex. Denote the projection by

$$P_C(v) := \arg \min_{x \in C} \|x - v\|_2.$$

Theorem 6

For any $v, w \in \mathbb{R}^d$:

① (**Firm nonexpansiveness**)

$$(P_C(v) - P_C(w))^{\top} (v - w) \geq \|P_C(v) - P_C(w)\|_2^2. \quad (9.9)$$

② (**Nonexpansiveness**)

$$\|P_C(v) - P_C(w)\|_2 \leq \|v - w\|_2. \quad (9.10)$$

Key tool: Projection theorem (Theorem 9.8)

Recall: $y = P_C(x)$ iff

$$(x - y)^\top (z - y) \leq 0, \quad \forall z \in C. \quad (9.11)$$

We will apply (9.11) twice, with the choices:

$$(x, y, z) = (v, P_C(v), P_C(w)) \quad \text{and} \quad (x, y, z) = (w, P_C(w), P_C(v)).$$

Step 1: two inequalities from (9.11)

Substitute $x = v$, $y = P_C(v)$, $z = P_C(w)$ into (9.11):

$$(v - P_C(v))^{\top} (P_C(w) - P_C(v)) \leq 0. \quad (9.12)$$

Substitute $x = w$, $y = P_C(w)$, $z = P_C(v)$ into (9.11):

$$(w - P_C(w))^{\top} (P_C(v) - P_C(w)) \leq 0. \quad (9.13)$$

Step 2: add them and rearrange to get (9.9)

Add (9.12) and (9.13). Noting that

$$(P_C(w) - P_C(v)) = -(P_C(v) - P_C(w)),$$

we obtain

$$(P_C(v) - P_C(w))^{\top} (v - w) \geq \|P_C(v) - P_C(w)\|_2^2,$$

which is exactly (9.9). □

Step 3: deduce nonexpansiveness (9.10) from (9.9)

If $P_C(v) = P_C(w)$, then (9.10) is trivial.

Otherwise, apply Cauchy–Schwarz:

$$(P_C(v) - P_C(w))^{\top} (v - w) \leq \|P_C(v) - P_C(w)\|_2 \|v - w\|_2.$$

Combine with (9.9):

$$\|P_C(v) - P_C(w)\|_2^2 \leq \|P_C(v) - P_C(w)\|_2 \|v - w\|_2.$$

Divide by $\|P_C(v) - P_C(w)\|_2 > 0$ to get

$$\|P_C(v) - P_C(w)\|_2 \leq \|v - w\|_2,$$

which is (9.10). □

Stationarity \Leftrightarrow Projected-Gradient Fixed Point

Let $C \subseteq \mathbb{R}^d$ be **closed and convex**, and let $f : C \rightarrow \mathbb{R}$ be **continuously differentiable**. Fix any stepsize $s > 0$.

Consider the constrained problem

$$(P) \quad \min_{x \in C} f(x).$$

Theorem 7

A point $x^* \in C$ is a *stationary point* of (P), i.e.

$$\nabla f(x^*)^\top (x - x^*) \geq 0 \quad \forall x \in C,$$

if and only if

$$x^* = P_C(x^* - s \nabla f(x^*)). \quad (9.14)$$

Proof: apply the projection theorem to $x^* - s\nabla f(x^*)$

Recall the projection theorem (Theorem 9.8):

$$y = P_C(x) \iff (x - y)^\top (z - y) \leq 0, \quad \forall z \in C.$$

Apply it with

$$x = x^* - s\nabla f(x^*), \quad y = x^*.$$

Then

$$x^* = P_C(x^* - s\nabla f(x^*))$$

holds **iff** for all $z \in C$,

$$((x^* - s\nabla f(x^*)) - x^*)^\top (z - x^*) \leq 0.$$

Simplify: fixed point condition \Leftrightarrow stationarity

The inequality becomes

$$(-s\nabla f(x^*))^\top (z - x^*) \leq 0 \quad \forall z \in C.$$

Since $s > 0$, divide by s and multiply by -1 :

$$\nabla f(x^*)^\top (z - x^*) \geq 0 \quad \forall z \in C.$$

This is exactly the **stationarity condition**. □

Remark: the condition does *not* really depend on s

Although (9.14) is written with a stepsize $s > 0$, the equivalence shows:

$$x^* \text{ stationary} \iff x^* = P_C(x^* - s\nabla f(x^*)) \text{ for any } s > 0.$$

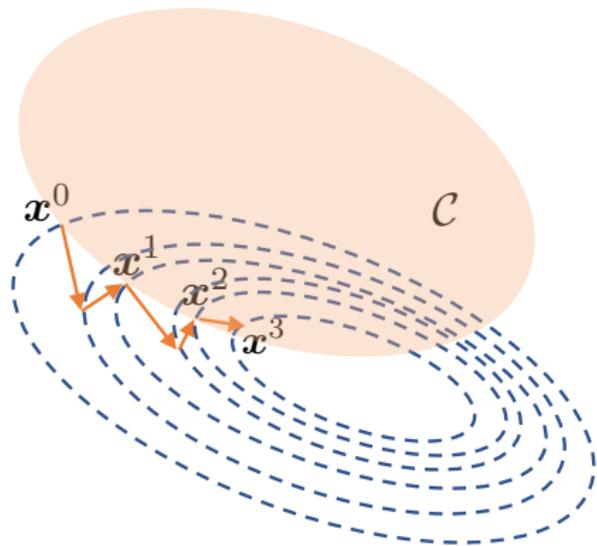
- This is the fixed-point form behind the **projected gradient method**:

$$x^{t+1} = P_C(x^t - s\nabla f(x^t)).$$

- Stationary points are exactly the **fixed points** of this iteration.

Projected gradient methods

Projected gradient descent



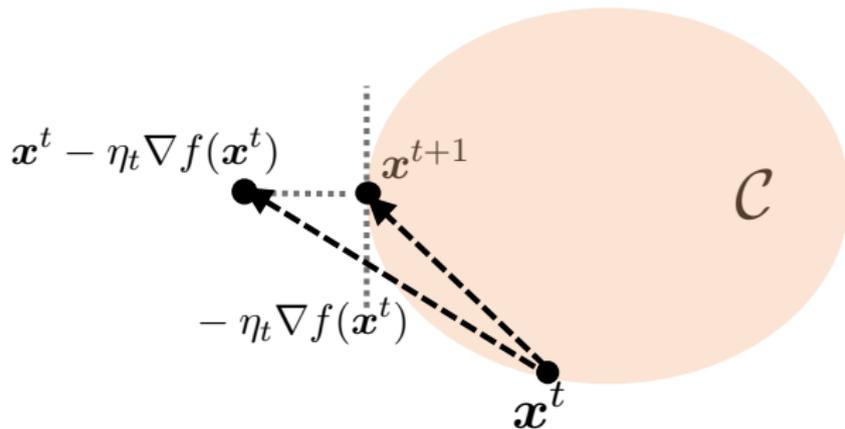
works well if projection
onto \mathcal{C} can be
computed efficiently

for $t = 0, 1, \dots$:

$$\mathbf{x}^{t+1} = \mathcal{P}_{\mathcal{C}}(\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t))$$

where $\mathcal{P}_{\mathcal{C}}(\mathbf{x}) := \arg \min_{z \in \mathcal{C}} \|\mathbf{x} - z\|_2^2$ is Euclidean projection onto \mathcal{C}
quadratic minimization

Descent direction



From the above figure, we know

$$-\nabla f(\mathbf{x}^t)^\top (\mathbf{x}^{t+1} - \mathbf{x}^t) \geq 0$$

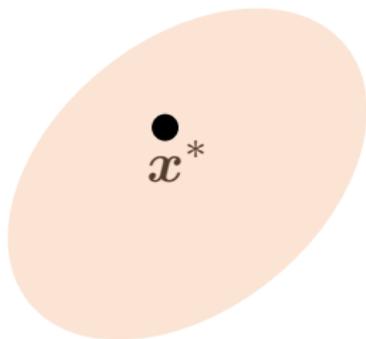
$\mathbf{x}^{t+1} - \mathbf{x}^t$ is positively correlated with the steepest descent direction

Strongly convex and smooth problems

$$\begin{aligned} & \text{minimize}_x && f(\mathbf{x}) \\ & \text{subject to} && \mathbf{x} \in \mathcal{C} \end{aligned}$$

- $f(\cdot)$: μ -strongly convex and L -smooth
- $\mathcal{C} \subseteq \mathbb{R}^n$: closed and convex

Convergence for strongly convex and smooth problems



Let's start with the simple case when \mathbf{x}^* lies in the interior of \mathcal{C} (so that $\nabla f(\mathbf{x}^*) = \mathbf{0}$)

Convergence for strongly convex and smooth problems

Theorem 8

Suppose $\mathbf{x}^* \in \text{int}(\mathcal{C})$, and let f be μ -strongly convex and L -smooth. If $\eta_t = \frac{2}{\mu+L}$, then

$$\|\mathbf{x}^t - \mathbf{x}^*\|_2 \leq \left(\frac{\kappa - 1}{\kappa + 1}\right)^t \|\mathbf{x}^0 - \mathbf{x}^*\|_2$$

where $\kappa = L/\mu$ is condition number

- the same convergence rate as for the unconstrained case

Proof of Theorem 8

We have shown for the unconstrained case with $\nabla f(\mathbf{x}^*) = 0$ that

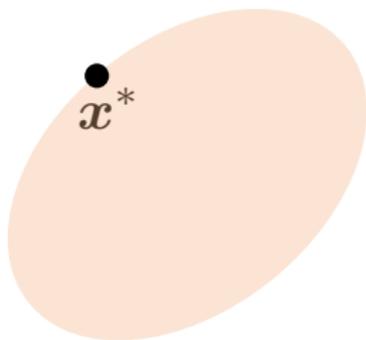
$$\|\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t) - \mathbf{x}^*\|_2 \leq \frac{\kappa - 1}{\kappa + 1} \|\mathbf{x}^t - \mathbf{x}^*\|_2$$

From the nonexpansiveness of \mathcal{P}_C , we know

$$\begin{aligned} \|\mathbf{x}^{t+1} - \mathbf{x}^*\|_2 &= \|\mathcal{P}_C(\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t)) - \mathcal{P}_C(\mathbf{x}^*)\|_2 \\ &\leq \|\mathbf{x}^t - \eta_t \nabla f(\mathbf{x}^t) - \mathbf{x}^*\|_2 \\ &\leq \frac{\kappa - 1}{\kappa + 1} \|\mathbf{x}^t - \mathbf{x}^*\|_2 \end{aligned}$$

Apply it recursively to conclude the proof

Convergence for strongly convex and smooth problems



What happens if we don't know whether $\mathbf{x}^* \in \text{int}(\mathcal{C})$?

- main issue: $\nabla f(\mathbf{x}^*)$ may not be $\mathbf{0}$ (so prior analysis might fail)

Convergence for strongly convex and smooth problems

Theorem 9 (projected GD for strongly convex and smooth problems)

Let f be μ -strongly convex and L -smooth. If $\eta_t \equiv \eta = \frac{1}{L}$, then

$$\|\mathbf{x}^t - \mathbf{x}^*\|_2^2 \leq \left(1 - \frac{\mu}{L}\right)^t \|\mathbf{x}^0 - \mathbf{x}^*\|_2^2$$

- slightly weaker convergence guarantees than Theorem 8

Proof of Theorem 9: one-step contraction

Set $\eta = \frac{1}{L}$ and

$$x^+ := P_C(x - \eta \nabla f(x)), \quad g_C(x) := \frac{1}{\eta}(x - x^+) = L(x - x^+).$$

Then the update is $x^{t+1} = x^+ = (x^t)^+$.

Goal: show the **one-step contraction**

$$\|x^+ - x^*\|_2^2 \leq \left(1 - \frac{\mu}{L}\right) \|x - x^*\|_2^2,$$

then apply it recursively with $x = x^t$.

Key inequality (from projection):

$$\langle \nabla f(x) - g_C(x), x^* - x^+ \rangle \leq 0. \quad (\clubsuit)$$

(This is Fact 4 applied to $x - \eta \nabla f(x)$ and $x^+ = P_C(\cdot)$.)

Two ingredients + one line of algebra

(1) **Smoothness (descent lemma)** with $\eta = \frac{1}{L}$:

$$f(x^+) \leq f(x) + \langle \nabla f(x), x^+ - x \rangle + \frac{L}{2} \|x^+ - x\|_2^2 = f(x) - \frac{1}{2L} \|g_C(x)\|_2^2. \quad (\text{A})$$

(2) **Strong convexity:**

$$f(x) - f(x^*) \leq \langle \nabla f(x), x - x^* \rangle - \frac{\mu}{2} \|x - x^*\|_2^2. \quad (\text{B})$$

Combine (A)+(B) and use $f(x^+) \geq f(x^*)$:

$$0 \leq f(x^+) - f(x^*) \leq \langle \nabla f(x), x^+ - x^* \rangle + \frac{1}{2L} \|g_C(x)\|_2^2 - \frac{\mu}{2} \|x - x^*\|_2^2. \quad (\text{C})$$

Now apply  to replace $\langle \nabla f(x), x^+ - x^* \rangle$ by $\langle g_C(x), x^+ - x^* \rangle$ (projection only helps).

Finish: regularity \Rightarrow contraction

From (C) and (\clubsuit):

$$\langle g_C(x), x^+ - x^* \rangle \geq \frac{\mu}{2} \|x - x^*\|_2^2 - \frac{1}{2L} \|g_C(x)\|_2^2.$$

Since $x^+ = x - \frac{1}{L}g_C(x)$, we have

$$\langle g_C(x), x^+ - x^* \rangle = \langle g_C(x), x - x^* \rangle - \frac{1}{L} \|g_C(x)\|_2^2.$$

Therefore the **regularity inequality** holds:

$$\boxed{\langle g_C(x), x - x^* \rangle \geq \frac{\mu}{2} \|x - x^*\|_2^2 + \frac{1}{2L} \|g_C(x)\|_2^2} \quad (\text{R})$$

Finally,

$$\begin{aligned}\|x^+ - x^*\|_2^2 &= \left\| x - x^* - \frac{1}{L}g_C(x) \right\|_2^2 \\ &= \|x - x^*\|_2^2 - \frac{2}{L}\langle g_C(x), x - x^* \rangle + \frac{1}{L^2}\|g_C(x)\|_2^2 \\ &\leq \|x - x^*\|_2^2 - \frac{\mu}{L}\|x - x^*\|_2^2 = \left(1 - \frac{\mu}{L}\right)\|x - x^*\|_2^2,\end{aligned}$$

where we used (R). Apply recursively to conclude. □

Convex and smooth problems

$$\begin{aligned} & \text{minimize}_x && f(\mathbf{x}) \\ & \text{subject to} && \mathbf{x} \in \mathcal{C} \end{aligned}$$

- $f(\cdot)$: convex and L -smooth
- $\mathcal{C} \subseteq \mathbb{R}^n$: closed and convex

Convergence for convex and smooth problems

Theorem 10 (projected GD for convex and smooth problems)

Let f be convex and L -smooth. If $\eta_t \equiv \eta = \frac{1}{L}$, then

$$f(\mathbf{x}^t) - f(\mathbf{x}^*) \leq \frac{3L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2 + f(\mathbf{x}^0) - f(\mathbf{x}^*)}{t + 1}$$

- similar convergence rate as for the unconstrained case
- cannot replace $f(\mathbf{x}^0) - f(\mathbf{x}^*)$ with $\frac{1}{2}L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2$ since in general $\nabla f(\mathbf{x}^*) \neq 0$

Proof of Theorem 10

We first recall our main steps when handling the unconstrained case

Step 1: show cost improvement

$$f(\mathbf{x}^{t+1}) \leq f(\mathbf{x}^t) - \frac{1}{2L} \|\nabla f(\mathbf{x}^t)\|_2^2$$

Step 2: connect $\|\nabla f(\mathbf{x}^t)\|_2$ with $f(\mathbf{x}^t)$

$$\|\nabla f(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^t) - f(\mathbf{x}^*)}{\|\mathbf{x}^t - \mathbf{x}^*\|_2} \geq \frac{f(\mathbf{x}^t) - f(\mathbf{x}^*)}{\|\mathbf{x}^0 - \mathbf{x}^*\|_2}$$

Step 3: let $\Delta_t := f(\mathbf{x}^t) - f(\mathbf{x}^*)$ to get

$$\Delta_{t+1} - \Delta_t \leq -\frac{\Delta_t^2}{2L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2}$$

and complete the proof by induction

Proof of Theorem 10 (cont.)

We then modify these steps for the constrained case. As before, set $g_C(\mathbf{x}^t) = L(\mathbf{x}^t - \mathbf{x}^{t+1})$, which generalizes $\nabla f(\mathbf{x}^t)$ in constrained case

Step 1: show cost improvement

$$f(\mathbf{x}^{t+1}) \leq f(\mathbf{x}^t) - \frac{1}{2L} \|g_C(\mathbf{x}^t)\|_2^2$$

Step 2: connect $\|g_C(\mathbf{x}^t)\|_2$ with $f(\mathbf{x}^t)$

$$\|g_C(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^t - \mathbf{x}^*\|_2} \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^0 - \mathbf{x}^*\|_2}$$

Step 3: let $\Delta_t := f(\mathbf{x}^t) - f(\mathbf{x}^*)$ to get

$$\Delta_{t+1} - \Delta_t \leq -\frac{\Delta_{t+1}^2}{2L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2}$$

and complete the proof by induction

Proof of Theorem 10 (cont.)

Main pillar: generalize smoothness condition (under convexity) as follows

Lemma 11

Suppose f is convex and L -smooth. For any $\mathbf{x}, \mathbf{y} \in \mathcal{C}$, let $\mathbf{x}^+ = \mathcal{P}_{\mathcal{C}}(\mathbf{x} - \frac{1}{L}\nabla f(\mathbf{x}))$ and $g_{\mathcal{C}}(\mathbf{x}) = L(\mathbf{x} - \mathbf{x}^+)$. Then

$$f(\mathbf{y}) \geq f(\mathbf{x}^+) + g_{\mathcal{C}}(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}) + \frac{1}{2L} \|g_{\mathcal{C}}(\mathbf{x})\|_2^2$$

Proof of Theorem 10 (cont.)

Step 1: set $\mathbf{x} = \mathbf{y} = \mathbf{x}^t$ in Lemma 11 to reach

$$f(\mathbf{x}^t) \geq f(\mathbf{x}^{t+1}) + \frac{1}{2L} \|g_C(\mathbf{x}^t)\|_2^2$$

as desired

Step 2: set $\mathbf{x} = \mathbf{x}^t$ and $\mathbf{y} = \mathbf{x}^*$ in Lemma 11 to get

$$\begin{aligned} 0 \geq f(\mathbf{x}^*) - f(\mathbf{x}^{t+1}) &\geq g_C(\mathbf{x}^t)^\top (\mathbf{x}^* - \mathbf{x}^t) + \frac{1}{2L} \|g_C(\mathbf{x}^t)\|_2^2 \\ &\geq g_C(\mathbf{x}^t)^\top (\mathbf{x}^* - \mathbf{x}^t) \end{aligned}$$

which together with Cauchy-Schwarz yields

$$\|g_C(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^t - \mathbf{x}^*\|_2} \tag{1}$$

Proof of Theorem 10 (cont.)

It also follows from our analysis for the strongly convex case that (by taking $\mu = 0$ in Theorem 9)

$$\|\mathbf{x}^t - \mathbf{x}^*\|_2 \leq \|\mathbf{x}^0 - \mathbf{x}^*\|_2$$

which combined with (1) reveals

$$\|\mathbf{g}_C(\mathbf{x}^t)\|_2 \geq \frac{f(\mathbf{x}^{t+1}) - f(\mathbf{x}^*)}{\|\mathbf{x}^0 - \mathbf{x}^*\|_2}$$

Step 3: letting $\Delta_t = f(\mathbf{x}^t) - f(\mathbf{x}^*)$, the previous bounds together give

$$\Delta_{t+1} - \Delta_t \leq -\frac{\Delta_{t+1}^2}{2L\|\mathbf{x}^0 - \mathbf{x}^*\|_2^2}$$

Use induction to finish the proof (which we omit here)

Proof of Lemma 11

$$\begin{aligned} f(\mathbf{y}) - f(\mathbf{x}^+) &= f(\mathbf{y}) - f(\mathbf{x}) - (f(\mathbf{x}^+) - f(\mathbf{x})) \\ &\geq \underbrace{\nabla f(\mathbf{x})^\top (\mathbf{y} - \mathbf{x})}_{\text{convexity}} - \underbrace{\left(\nabla f(\mathbf{x})^\top (\mathbf{x}^+ - \mathbf{x}) + \frac{L}{2} \|\mathbf{x}^+ - \mathbf{x}\|_2^2 \right)}_{\text{smoothness}} \\ &= \nabla f(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}^+) - \frac{L}{2} \|\mathbf{x}^+ - \mathbf{x}\|_2^2 \\ &\geq \mathbf{g}_C(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}^+) - \frac{L}{2} \|\mathbf{x}^+ - \mathbf{x}\|_2^2 && \text{(by (??))} \\ &= \mathbf{g}_C(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}) + \underbrace{\mathbf{g}_C(\mathbf{x})^\top (\mathbf{x} - \mathbf{x}^+)}_{=\frac{1}{L}\mathbf{g}_C(\mathbf{x})} - \frac{L}{2} \underbrace{\|\mathbf{x}^+ - \mathbf{x}\|_2^2}_{= -\frac{1}{L}\mathbf{g}_C(\mathbf{x})} \\ &= \mathbf{g}_C(\mathbf{x})^\top (\mathbf{y} - \mathbf{x}) + \frac{1}{2L} \|\mathbf{g}_C(\mathbf{x})\|_2^2 \end{aligned}$$

Summary

- Frank-Wolfe: projection-free

	stepsize rule	convergence rate	iteration complexity
convex & smooth problems	$\eta_t \asymp \frac{1}{t}$	$O\left(\frac{1}{t}\right)$	$O\left(\frac{1}{\varepsilon}\right)$

- projected gradient descent

	stepsize rule	convergence rate	iteration complexity
convex & smooth problems	$\eta_t = \frac{1}{L}$	$O\left(\frac{1}{t}\right)$	$O\left(\frac{1}{\varepsilon}\right)$
strongly convex & smooth problems	$\eta_t = \frac{1}{L}$	$O\left(\left(1 - \frac{1}{\kappa}\right)^t\right)$	$O\left(\kappa \log \frac{1}{\varepsilon}\right)$