# Quasirandom groups enjoy interleaved mixing

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**Abstract:** Let G be a group such that any non-trivial representation has dimension at least d. Let  $X = (X_1, X_2, ..., X_t)$  and  $Y = (Y_1, Y_2, ..., Y_t)$  be distributions over  $G^t$ . Suppose that X is independent from Y. We show that for any  $g \in G$  we have

$$|\mathbb{P}[X_1Y_1X_2Y_2\cdots X_tY_t=g]-1/|G|| \leq \frac{|G|^{2t-1}}{d^{t-1}}\sqrt{\mathbb{E}_{h\in G'}X(h)^2}\sqrt{\mathbb{E}_{h\in G'}Y(h)^2}.$$

Our results generalize, improve, and simplify previous works.

**Key words and phrases:** representation theory, mixing, group, interleaved

Quasirandom groups, introduced by Gowers [Gow08], are groups whose non-trivial representations have large dimension. Multiplication in such groups is known to behave like a random function in several respects. The prime example of this is that if X and Y are independent, high-entropy distributions over a quasirandom group then XY (i.e., sample from each and output the product) becomes closer to uniform in  $L_2$  norm. For a discussion of this result and its many proofs we refer to Section 13 of [Gow17] Other random-like behaviors are known with respect to, for example, progressions [BHR22] and corners [Aus16] (cf. [Vio19]).

In this work we are interested in a question posed by Miles and Viola [MV13]. Let  $X = (X_1, X_2)$  and  $Y = (Y_1, Y_2)$  be high-entropy distributions over  $G^2$  such that X is independent from Y (but  $X_1$  needs not be independent from  $X_2$  and  $Y_1$  needs not be independent from  $Y_2$ ). They asked if the *interleaved product*  $X_1Y_1X_2Y_2$  "mixes," i.e., if it is close to uniform, for suitable groups G. Their question was motivated by an application to cryptography (which follows from a positive answer to a more general question they asked).

Gowers and Viola give a positive answer to this question for non-abelian simple groups, which are known to be quasirandom. For the special case of G = SL(2,q) they prove a strong error bound. A

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simpler exposition of the latter proof appears in [Vio19]. A follow-up paper by Shalev [Sha16] gives stronger error bounds for non-abelian simple groups.

These proofs are somewhat complicated and use substantial machinery, and they only apply to simple groups. Here we give a very short and elementary proof that applies to any quasirandom group, as stated in the abstract.

To illustrate the bound in the abstract, suppose that X is uniform over a set of density  $\alpha$  and Y is uniform over a set of density  $\beta$ . Then the right-hand side is  $|G|^{2t-1} \cdot d^{-t+1} \cdot (\alpha \beta)^{-1/2}/|G|^{2t} = |G|^{-1} \cdot d^{-t+1} \cdot (\alpha \beta)^{-1/2}$ . Our results also slightly improve the parameters in the cases where interleaved mixing could be established. For example for t > 2 the bounds in [GV19] and [Sha16] have  $(\alpha \beta)^{-1}$  instead of  $(\alpha \beta)^{-1/2}$ .

The paper [GV19] also shows that from interleaved mixing there follow a number of other results (including the solution to the more general question in [MV13], thus enabling the motivating application). Hence our results yield these applications for any quasirandom group. Since this is an immediate composition of proofs in [GV19] and this paper, we refer the reader to [GV19] for precise statements.

**Proof of the statement in the abstract.** We follow standard notation for non-abelian Fourier analysis, see for example Section 13 of [Gow17] or [GV22]. It suffices to prove the theorem for  $g = 1_G$ . Let Z be a distribution over G. By Fourier inversion, and using that  $\rho(1) = I$  and  $\widehat{Z}(1) = 1/|G|$  we have

$$|\mathbb{P}[Z=1] - 1/|G|| = |\sum_{\rho} d_{\rho} \operatorname{tr}(\widehat{Z}(\rho)\rho(1)^{T}) - 1/|G|| = |\sum_{\rho \neq 1} d_{\rho} \operatorname{tr}(\widehat{Z}(\rho))| \le \sum_{\rho \neq 1} d_{\rho} |\operatorname{tr}(\widehat{Z}(\rho))|, \quad (1)$$

where  $\rho$  ranges over irreducible representations.

The main claim is that if Z is the interleaved product  $X_1Y_1X_2Y_2\cdots X_tY_t$  where X and Y are as in the abstract then for any  $\rho$ 

$$|\operatorname{tr}(\hat{Z}(\rho))| \le |G|^{2t-1} |\hat{X}(\rho^{\otimes t})|_2 |\hat{Y}(\rho^{\otimes t})|_2.$$
 (2)

Assuming the claim the proof is completed as follows. Plugging Inequality (2) into (1) and multiplying by  $(d_{\rho}/d)^{t-1}$  which is  $\geq 1$  for  $\rho \neq 1$ , the error is at most

$$\frac{|G|^{2t-1}}{d^{t-1}} \sum_{\boldsymbol{\rho} \neq 1} \left( d_{\boldsymbol{\rho}}^{t/2} \left| \hat{X}(\boldsymbol{\rho}^{\otimes t}) \right|_2 \right) \left( d_{\boldsymbol{\rho}}^{t/2} \left| \hat{Y}(\boldsymbol{\rho}^{\otimes t}) \right|_2 \right).$$

By Cauchy-Schwarz this is at most

$$\frac{|G|^{2t-1}}{d^{t-1}}\sqrt{\sum_{\rho\neq 1}d^t_\rho\left|\hat{X}(\rho^{\otimes t})\right|^2_2}\sqrt{\sum_{\rho\neq 1}d^t_\rho\left|\hat{Y}(\rho^{\otimes t})\right|^2_2}.$$

Note that  $d_{\rho}^{t}$  is the dimension of  $\rho^{\otimes t}$ .

The representations  $\rho^{\otimes t}$  are irreducible representations of  $G^t$ , so each sum can be bounded above by summing over all irreducible representations of  $G^t$ . Hence by Parseval the sum with X is at most  $\mathbb{E}_{h \in G^t} X^2(h)$  and the same for Y, proving the theorem.

Next we verify Inequality (2). By definition we have

$$\hat{Z}(\rho) = \mathbb{E}_g Z(g) \overline{\rho(g)} = \mathbb{E}_g \sum_{\substack{g_1, g_2, \dots, g_{2t}: \prod g_i = g}} X(g_1, g_3, \dots, g_{2t-1}) Y(g_2, g_4, \dots, g_{2t}) \overline{\rho(g)}.$$

### QUASIRANDOM GROUPS ENJOY INTERLEAVED MIXING

This summation is the same as summing over all  $g_i$  and setting g to be the product. Further, because  $\rho$  is a representation one has  $\rho(\prod_i g_i) = \prod_i \rho(g_i)$ . Hence we get

$$\hat{Z}(\rho) = \frac{1}{|G|} \sum_{g_1, g_2, \dots, g_{2t}} X(g_1, g_3, \dots, g_{2t-1}) Y(g_2, g_4, \dots, g_{2t}) \overline{\prod_{i \leq 2t} \rho(g_i)}.$$

And now the critical equation:

$$\begin{split} \operatorname{tr} & \hat{Z}(\rho) = \sum_{i} \frac{1}{|G|} \sum_{g_{1},g_{2},\dots,g_{2t}} X(g_{1},g_{3},\dots,g_{2t-1}) Y(g_{2},g_{4},\dots,g_{2t}) \sum_{i_{2},i_{3},\dots,i_{2t}} \bar{\rho}(g_{1})_{i,i_{2}} \bar{\rho}(g_{2})_{i_{2},i_{3}} \cdots \bar{\rho}(g_{2t})_{i_{2t},i} \\ & = \frac{1}{|G|} \sum_{i,i_{2},i_{3},\dots,i_{2t}} \left( \sum_{g_{1},g_{3},\dots,g_{2t-1}} X(g_{1},g_{3},\dots,g_{2t-1}) \bar{\rho}(g_{1})_{i,i_{2}} \cdot \bar{\rho}(g_{3})_{i_{3},i_{4}} \cdots \bar{\rho}(g_{2t-1})_{i_{2t-1},i_{2t}} \right) \\ & \cdot \left( \sum_{g_{2},g_{4},\dots,g_{2t}} Y(g_{2},g_{4},\dots,g_{2t}) \bar{\rho}(g_{2})_{i_{2},i_{3}} \cdot \bar{\rho}(g_{4})_{i_{4},i_{5}} \cdots \bar{\rho}(g_{2t})_{i_{2t},i} \right) \\ & = |G|^{2t-1} \sum_{i,i_{2},i_{3},\dots,i_{2t}} \left( \hat{X}(\rho^{\otimes t})_{i,i_{2},i_{3},\dots,i_{2t}} \right) \left( \hat{Y}(\rho^{\otimes t})_{i_{2},i_{3},\dots,i_{2t},i} \right). \end{split}$$

Inequality (2) now follows by applying the Cauchy-Schwarz inequality.

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### HARM DERKSEN AND EMANUELE VIOLA

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