# RANDOM EUCLIDEAN SECTIONS OF SOME CLASSICAL BANACH SPACES 

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#### Abstract

Using probabilistic arguments, we give precise estimates of the Banach-Mazur distance of subspaces of the classical $\ell_{q}^{n}$ spaces and of Schatten classes of operators $S_{q}^{n}$ for $q \geq 2$ to the Euclidean space. We also estimate volume ratios of random subspaces of a normed space with respect to subspaces of quotients of $\ell_{q}$. Finally, the preceeding methods are applied to give estimates of Gelfand numbers of some linear operators.


## 1. Introduction

In this work we present a new method which may be employed in a variety of problems in convex analysis, such as:
(I) Giving tight asymptotic estimates on the existence of spherical sections of dimension $k$, for all $1 \leq k \leq n$, in $n$-dimensional convex bodies. We study this problem for the classical $\ell_{q}^{n}$ spaces for $2 \leq q \leq \infty$ and the $m n-$ dimensional vector space $\mathscr{M}_{m \times n}(\mathrm{R})$ of all $m \times n$-matrices $(m \geq n)$ with real entries equipped with a rotation invariant norm (associated with a 1-symmetric norm on the singular values of $\sqrt{M^{*} M}$ ).
(II) Investigating the volume ratio of a centrally symmetric convex body $K$ in $\mathrm{R}^{n}$ with respect to the body of largest volume contained in $K$ which is obtained by applying a linear map on the unit ball of a subspace of a quotient of $\ell_{q}$.
(III) Computing upper bounds by random methods for the $k$-th Gelfand number of an operator $T$ between two Banach spaces. These results improve previous estimates because they are in some cases tight and they also hold with positive probability.

The first topic (I) is related to the recent studies of Milman and Schechtman ([18] [19]) and [10], [14]. We investigate here the "large" Euclidean sections of centrally symmetric convex bodies in $\mathrm{R}^{n}$, or equivalently, the Banach-Mazur distances of subspaces with "big dimensions" $k$ of an $n$-dimensional normed

[^0]space to the Euclidean spaces $\ell_{2}^{k}$. We give first a general result about subspaces of a normed space which possesses a system of vectors satisfying a ( $C, s$ )-estimate (see the definition below), and apply these results to give sharp estimates of the distance to $\ell_{2}^{k}$ of $k$-dimensional subspace of $\ell_{q}^{n}$, for $q \geq 2$. We treat then the same problem for subspaces of some normed spaces of operators from $\mathrm{R}^{m}$ to $\mathrm{R}^{n}$, and in particular the Schatten classes, $S_{q}^{n}$ for $q \geq 2$.

In part (II), we present a method to obtain a lower bound for the volume ratio of a random $k$-dimensional subspace $F$ of a given space $X$ with respect to the class $S Q\left(\ell_{q}\right), q \geq 2$, consisting of all $k$-dimensional subspaces of quotients of $\ell_{q}$. This gives an estimate from below of the distance of a random subspace $F$ of $X$ to the class $S Q\left(\ell_{q}\right)$, and in particular to Hilbert space.

In the final section we apply the previous methods to obtain upper bounds for the Gelfand numbers of operators from $\ell_{q}^{n}$ and $S_{q}^{n}(q \geq 2)$ to a space $Y$.

Denote by $e_{1}, \ldots, e_{n}$ the canonical basis of $\mathrm{R}^{n}$. The spaces $\ell_{q}^{n}$ for $1 \leq q \leq$ $\infty$ are defined as $\mathrm{R}^{n}$ equipped with the norm $|\cdot|_{q}$ : for $x=x_{1} e_{1}+\cdots+x_{n} e_{n}$,

$$
|x|_{q}=\left(\sum_{i=1}^{n}\left|x_{i}\right|^{q}\right)^{1 / q} \quad \text { when } \quad q \neq \infty \quad \text { and } \quad|x|_{\infty}=\max _{1 \leq i \leq n}\left|x_{i}\right| .
$$

Let $E$ be an $n$-dimensional normed space. We say that a family $u_{1}, \ldots, u_{N}$ of vectors of $E$, with $N \leq n$, satisfies a ( $C, s$ )-estimate for $C>0$ and $s>0$, if for all $\left(t_{i}\right)_{i=1}^{N} \in \mathbf{R}^{N}$ and all $m=1, \ldots, N$, one has

$$
\begin{equation*}
\frac{C}{m^{1 / s}}\left(\sum_{i=1}^{m}\left(t_{i}^{\star}\right)^{2}\right)^{1 / 2} \leq\left\|\sum_{i=1}^{N} t_{i} u_{i}\right\| \leq\left(\sum_{i=1}^{N} t_{i}^{2}\right)^{1 / 2} \tag{1}
\end{equation*}
$$

where $\left(t_{i}^{\star}\right)_{i=1}^{N}$ denotes the decreasing rearrangement of the sequence $\left(\left|t_{i}\right|\right)_{i=1}^{N}$. By a result of Bourgain and Szarek [2], there exists a constant $C>0$ such that for any $n$, any $n$-dimensional normed space contains a sequence $u_{1}, \ldots, u_{N}$, with $N \geq \frac{n}{2}$, satisfying a $(C, 2)$-estimate. We shall be interested here with $s \geq 2$. It is easy to see that for $q \geq 2$, the canonical basis of $\ell_{q}^{n}$ satisfies a $(1, s)$-estimate, with $\frac{1}{s}=\frac{1}{2}-\frac{1}{q}$. It may be also observed that if $s^{\prime}>0$ satisfies $\frac{1}{s^{\prime}}=\frac{1}{s}-\frac{1}{\ln (n)}$, and if $\left(u_{1}, \ldots, u_{N}\right)$ satisfies a $(C, s)$-estimate, then it satisfies also a $\left(C / e, s^{\prime}\right)$-estimate; so one can restrict the study to the case when $s \leq \ln (n)$. It is important to notice that $s$ (and so $q$ ) may depend on the dimension of the space. In particular, the canonical basis of $\ell_{\infty}^{n}$ satisfies a $(C, s)$-estimate with $\frac{1}{s}=\frac{1}{2}-\frac{1}{\ln (n)}$ and the case of $\ell_{\infty}^{n}$ is described up to a constant by taking $q=\ln n$. Finally, we denote by $d(E, F)$ the Banach-Mazur distance between two normed spaces $E$ and $F$ :

$$
d(E, F)=\inf \left\{\|T\|\left\|T^{-1}\right\|, T: E \rightarrow F \text { isomorphism onto }\right\}
$$

For two positive sequences $\left\{a_{n}\right\}$ and $\left\{b_{n}\right\}$ we say that $a_{n} \sim b_{n}$ if $\frac{a_{n}}{b_{n}} \rightarrow 1$.
Let us recall the following estimates for the norm of Gaussian operators: if $E$ is a Banach space and $\left(v_{j}\right)_{j=1}^{N} \in E$, we define a Gaussian operator $G_{\omega}$ : $\ell_{2}^{k} \rightarrow E$ by

$$
G_{\omega}=\sum_{i=1}^{k} \sum_{j=1}^{N} g_{i j}(\omega) e_{i} \otimes v_{j}: \ell_{2}^{k} \rightarrow E
$$

where, for $1 \leq i \leq k$ and $1 \leq j \leq N, g_{i j}$ are i.i.d. $\mathscr{N}(0,1)$ real Gaussian variables. Let $g_{1}, \ldots, g_{N}$ be i.i.d. $\mathscr{N}(0,1)$ real Gaussian variables and $a_{k}=$ $\mathbb{E}\left(\sum_{i=1}^{k} g_{i}^{2}\right)^{1 / 2}$ then we have the following inequalities [8]:

$$
\begin{equation*}
\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} v_{j}\right\|-a_{k} \sup _{\sum_{1 \leq j \leq N} t_{j}^{2}=1}\left\|\sum_{j=1}^{N} t_{j} v_{j}\right\| \leq \mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\| \tag{2}
\end{equation*}
$$

and

$$
\begin{equation*}
\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\| \leq \mathbb{E}\left\|\sum_{j=1}^{N} g_{j} v_{j}\right\|+a_{k} \sup _{\sum_{1 \leq j \leq N} t_{j}^{2}=1}\left\|\sum_{j=1}^{N} t_{j} v_{j}\right\| \tag{3}
\end{equation*}
$$

One has $a_{k}=\sqrt{2} \frac{\Gamma\left(\frac{k+1}{2}\right)}{\Gamma\left(\frac{k}{2}\right)} \leq \sqrt{k}$ and $a_{k} \sim \sqrt{k}$.
From now on, $\left(g_{i}\right)$ and $\left(g_{i j}\right)$ will denote i.i.d. $\mathscr{N}(0,1)$ real Gaussian variables.

## 2. Euclidean sections of Banach spaces

The main result of this section is
Theorem 2.1. Let E be an n-dimensional normed space, and for $n \geq N \geq$ $n / 2$, let $\left(u_{i}\right)_{i=1}^{N} \in E$ satisfy a $(C, s)$-estimate for $s>2$ and $C>0$. Define $q>2$ by $\frac{1}{q}=\frac{1}{2}-\frac{1}{s}$. Then for some universal positive constants $c_{1}, c_{2}$ and $d_{1}, d_{2}, d_{3}$, for all integers $k, 1 \leq k \leq N$, there exists a $k$-dimensional subspace $F^{k}$ of $E$ such that
(i) If $k \leq \frac{1}{4}\left(\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|\right)^{2}$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq 3$.
(ii) If $\frac{1}{4}\left(\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|\right)^{2} \leq k \leq c_{1} C^{2} q e^{-q} n$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq \frac{d_{1} \sqrt{k}}{C \sqrt{q} n^{1 / q}}$.
(iii) If $c_{1} C^{2} q e^{-q} n \leq k \leq c_{2} n$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq \frac{d_{2} k^{1 / 2-1 / q}}{C \sqrt{\ln (1+n / k)}}$.
(iv) If $c_{2} n \leq k \leq N$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq \frac{d_{3}}{C} k^{1 / s}$.

The space $F^{k}, 1 \leq k \leq N$, can be chosen randomly with positive probability as subspace of the linear span of $\left(u_{i}\right)_{i=1}^{N}$.

Proof. Remark that when $\frac{1}{2}-\frac{1}{s} \leq \frac{1}{\ln (n)}$, the family $\left(u_{i}\right)_{i=1}^{N}$ satisfies a $\left(C / e, s^{\prime}\right)$-estimate where $\frac{1}{s^{\prime}}=\frac{1}{2}-\frac{1}{\ln (n)}$. Up to replace $C$ by $C / e$, we can assume that $q \leq \ln (n)$.

Let $U=\operatorname{span}\left\{u_{1}, \ldots, u_{N}\right\}$; we define a Gaussian operator $G_{\omega}: \ell_{2}^{k} \rightarrow U$ by

$$
G_{\omega}=\sum_{i=1}^{k} \sum_{j=1}^{N} g_{i j}(\omega) e_{i} \otimes u_{j}
$$

Observe that $\sup _{t_{1}^{2}+\cdots+t_{N}^{2}=1}\left\|\sum_{j=1}^{N} t_{j} u_{j}\right\| \leq 1$. Applying (2) and (3), we get

$$
\begin{aligned}
& \mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\| \geq \mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|-a_{k} \sup _{t_{1}^{2}+\cdots+t_{N}^{2}=1}\left\|\sum_{j=1}^{N} t_{j} u_{j}\right\| \\
& \mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\| \leq \mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|+a_{k} \sup _{t_{1}^{2}+\cdots+t_{N}^{2}=1}\left\|\sum_{j=1}^{N} t_{j} u_{j}\right\| .
\end{aligned}
$$

To find a set $\Omega$ of positive probability such that for all $\omega \in \Omega, G_{\omega}: \ell_{2}^{k} \rightarrow U$ is one to one, it is enough to have $\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|>0$. We distinguish between the different values of $k, 1 \leq k \leq N$ :

1. If $k \leq \frac{1}{4}\left(\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|\right)^{2}$, then
$\frac{\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|}{\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|} \leq\left(1+\frac{a_{k}}{\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|}\right) /\left(1-\frac{a_{k}}{\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|}\right) \leq 3$.
So, there exists a set of positive probability $\Omega$ such that for all $\omega_{0} \in \Omega$, $\operatorname{dim}\left(\operatorname{Im} G_{\omega_{0}}\right)=k$ and

$$
\frac{\sup _{|x|_{2}=1}\left\|G_{\omega_{0}}(x)\right\|}{\inf _{|x|_{2}=1}\left\|G_{\omega_{0}}(x)\right\|} \leq 3
$$

See [9] for a precise estimate of the measure of this set. Let $F^{k}=\operatorname{Im} G_{\omega_{0}}$; then $\operatorname{dim} F^{k}=k, d\left(F^{k}, \ell_{2}^{k}\right) \leq 3$ and case (i) is proved (it is the classical Dvoretzky's theorem).
2. In the other cases, one has $k \geq\left(\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|\right)^{2} / 4$ so that

$$
\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\| \leq 3 \sqrt{k}
$$

For $1 \leq m \leq N$, in order to get a better lower bound for $\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|$, we define a new norm $\|y\|_{(m)}$ on $U$ by

$$
\|y\|_{(m)}=\left\|\sum_{j=1}^{N} y_{j} u_{j}\right\|_{(m)}=\frac{C}{m^{1 / s}}\left(\sum_{i=1}^{m}\left(y_{i}^{\star}\right)^{2}\right)^{1 / 2}
$$

It is clear from the definition of a $(C, s)$ estimate (see (1)) that $\left\|G_{\omega}(x)\right\| \geq$ $\left\|G_{\omega}(x)\right\|_{(m)}$. We get thus by inequality (2) applied to $G_{\omega}: \ell_{2}^{k} \rightarrow\left(U,\|\cdot\|_{(m)}\right)$

$$
\begin{aligned}
\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\| & \geq \mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{(m)} \\
& \geq \mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|_{(m)}-a_{k} \sup _{t_{1}^{2}+\cdots+t_{N}^{2}=1}\left\|\sum_{j=1}^{N} t_{j} u_{j}\right\|_{(m)} \\
& \geq \frac{1}{m^{1 / s}}\left(C \mathbb{E}\left(\sum_{i=1}^{m}\left(g_{i}^{\star}\right)^{2}\right)^{1 / 2}-\sqrt{k}\right) \\
& \geq m^{1 / q}\left(C c_{0} \sqrt{\ln \left(1+\frac{N}{m}\right)}-\sqrt{\frac{k}{m}}\right)
\end{aligned}
$$

where the last inequality is a classical estimate of $\mathbb{E}\left(\sum_{i=1}^{m}\left(g_{i}^{\star}\right)^{2}\right)^{1 / 2}$ (see for instance [7]) with $c_{0}>0$ a universal constant.

If $k \leq c_{1} C^{2} q e^{-q} n$, we choose $m=\left[N e^{-q}\right]+1$ so that $n e^{-q} / 2 \leq m \leq$ $3 N e^{-q}$ (since $N \geq n / 2$ and $q \leq \ln (n)$ ). We get

$$
\begin{aligned}
\frac{\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|}{\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|} & \leq \frac{3 \sqrt{k}}{C m^{1 / q} c_{0}\left(\sqrt{\ln \left(1+e^{q} / 3\right)}-\sqrt{c_{1}} \sqrt{2 q}\right)} \\
& \leq \frac{3 \sqrt{k}}{C m^{1 / q} c_{0}\left(\sqrt{q-\ln 3}-\sqrt{2 q c_{1}}\right)} \\
& \leq \frac{d_{1} \sqrt{k}}{C \sqrt{q} n^{1 / q}},
\end{aligned}
$$

whenever $c_{1}$ is small enough. We conclude like in 1 .
If $c_{1} C^{2} q e^{-q} n \leq k \leq c_{2} n$ for $c_{2}$ small enough, we choose $m=k$. We have then

$$
\frac{\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|}{\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|} \leq \frac{d_{2} k^{1 / s}}{C \sqrt{\ln (1+n / k)}}
$$

and as before, we get (iii).

If $c_{2} n \leq k \leq N$, then by the definition of the $(C, s)$-estimate, one has $d\left(U, \ell_{2}^{N}\right) \leq N^{1 / s} / C$; thus every $k$-dimensional subspace $F^{k}$ of $U$ satisfies

$$
d\left(F^{k}, \ell_{2}^{k}\right) \leq \frac{N^{1 / s}}{C} \leq \frac{n^{1 / s}}{C} \leq \frac{1}{C}\left(\frac{k}{c_{2}}\right)^{1 / s}
$$

Remarks. 1. It is easy to see that for a family $\left\{u_{1}, \ldots, u_{N}\right\}$ satisfying a ( $C, s$ )-estimate, one has

$$
\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\| \geq c C \sqrt{q} n^{1 / q}
$$

Indeed, by (1), for all $m \in\{1, \ldots, N\}$, we have

$$
\mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\| \geq \frac{C}{m^{1 / s}} \mathbb{E}\left(\sum_{i=1}^{m}\left(g_{i}^{\star}\right)^{2}\right)^{1 / 2} \geq c^{\prime} C m^{1 / q} \sqrt{\ln \left(1+\frac{N}{m}\right)},
$$

and we choose $m=\left[N e^{-q}\right]+1$ (recall that $N \geq n / 2$ ).
2. Observe that, up to an absolute constant, the estimates given in (ii) and (iii) coincide if $k=\left[c_{1} C^{2} q e^{-q} n\right]$, and these in (iii) and (iv) when $k=$ [ $\left.c_{2} n\right]$. Moreover, if we replace in (i) and (ii) the expression $\frac{1}{2} \mathbb{E}\left\|\sum_{j=1}^{N} g_{j} u_{j}\right\|$ by $c C \sqrt{q} n^{1 / q}$, then they also hold and these estimates coincide for $k=$ [ $\left.c^{2} C^{2} q n^{2 / q}\right]$.

As a corollary, we get precise estimates in the case of $E=\ell_{q}^{n}$.
Corollary 2.2. For some universal constants $c_{i}, d_{i}>0,1 \leq i \leq 3$, for all $n \geq 1$, and all integers $k=1, \ldots, n$, there exists a $k$-dimensional subspace $F^{k}$ of $\ell_{q}^{n}$ with $q \geq 2$, such that
(i) If $k \leq c_{1} q n^{2 / q}$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq 3$.
(ii) If $c_{1} q n^{2 / q} \leq k \leq c_{2} q e^{-q} n$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq \frac{d_{1} \sqrt{k}}{\sqrt{q} n^{1 / q}}$.
(iii) If $c_{2} q e^{-q} n \leq k \leq c_{3} n$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq \frac{d_{2} k^{1 / 2-1 / q}}{\sqrt{\ln (1+n / k)}}$.
(iv) If $c_{3} n \leq k \leq n$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq d_{3} k^{1 / 2-1 / q}$.

Moreover, the space $F^{k}$ can be chosen randomly with high probability in $\ell_{q}^{n}$.

Proof. Let $\left(e_{1}, \ldots, e_{n}\right)$ be the canonical basis of $\ell_{q}^{n}$; then for all $t_{1}, \ldots, t_{n}$ and for all $m=1, \ldots, n$,

$$
\begin{aligned}
\left(\sum_{i=1}^{n}\left|t_{i}\right|^{q}\right)^{1 / q}=\left|\sum_{i=1}^{n} t_{i} e_{i}\right|_{q} & \geq\left|\sum_{i=1}^{m} t_{i}^{\star} e_{i}\right|_{q} \\
= & \left(\sum_{i=1}^{m}\left(t_{i}^{\star}\right)^{q}\right)^{1 / q} \geq \frac{1}{m^{\frac{1}{2}-\frac{1}{q}}}\left(\sum_{i=1}^{m}\left(t_{i}^{\star}\right)^{2}\right)^{1 / 2}
\end{aligned}
$$

using Hölder's inequality. Since $q \geq 2,\left(e_{1}, \ldots, e_{n}\right)$ satisfies a $(1, s)$-estimate, with $\frac{1}{s}=\frac{1}{2}-\frac{1}{q}$. It is clear from the preceeding remark that

$$
\alpha_{1} \sqrt{q} n^{1 / q} \leq \mathbb{E}\left|\sum_{j=1}^{n} g_{j} e_{j}\right|_{q} \leq \alpha_{2} \sqrt{q} n^{1 / q}
$$

where $\alpha_{1}>0$ and $\alpha_{2}>0$ are universal constants. Then we apply Theorem 2.1 to get random subspaces in the whole space $\ell_{q}^{n}$.

Remarks. 1. As it is proved in [3], the result of Corollary 2.2 is optimal up to absolute constant. We include here a short proof of this optimality: Let $T: \ell_{2}^{k} \rightarrow \ell_{q}^{n}$ be a linear operator such that for all $x \in \ell_{2}^{k}$,

$$
|x|_{2} \leq|T x|_{q} \leq d|x|_{2}
$$

Let $G$ be a Gaussian random vector in $\mathrm{R}^{k}$ with i.i.d. $\mathscr{N}(0,1)$ entries, then

$$
\mathbb{E}\left(\sum_{i=1}^{n}\left|\left\langle G, T^{\star}\left(e_{i}\right)\right\rangle\right|^{q}\right)^{1 / q}=\mathbb{E}|T(G)|_{q} \geq \mathbb{E}|G|_{2}=a_{k}
$$

Since $\left\langle G, T^{\star}\left(e_{i}\right)\right\rangle$ is a $\mathscr{N}\left(0,\left|T^{\star}\left(e_{i}\right)\right|_{2}^{2}\right)$ random variable, we get by Hölder inequality,

$$
\begin{aligned}
\mathbb{E}\left(\sum_{i=1}^{n}\left|\left\langle G, T^{\star}\left(e_{i}\right)\right\rangle\right|^{q}\right)^{1 / q} & \leq\left(\sum_{i=1}^{n} \mathbb{E}\left|\left\langle G, T^{\star}\left(e_{i}\right)\right\rangle\right|^{q}\right)^{1 / q} \\
& \leq n^{1 / q} \gamma(q) \sup _{1 \leq i \leq n}\left|T^{\star}\left(e_{i}\right)\right|_{2}
\end{aligned}
$$

where $\gamma(q)$ is the $L_{q}$ norm of a $\mathscr{N}(0,1)$-variable. Since $\left|T^{\star}\left(e_{i}\right)\right|_{2} \leq\left\|T^{\star}\right\|\left|e_{i}\right|_{q^{\prime}}$ $\leq d$ with $1 / q+1 / q^{\prime}=1$, we get a universal constant $c>0$ such that,

$$
\sqrt{k} \leq c d n^{1 / q} \sqrt{q}
$$

2. A constructive proof of a single subspace of $\ell_{q}^{n}$ satisfying the desired conclusion is given in [12].
3. In fact by [16], the inequality $d\left(F^{k}, \ell_{2}^{k}\right) \leq k^{1 / 2-1 / q}$ is true for any $k$ dimensional subspace of $\ell_{q}^{n}$.

## 3. The case of Schatten classes

We shall say that a norm $\tau$ on $\mathrm{R}^{n}$ is 1 -symmetric if for all $\left(x_{1}, \ldots, x_{n}\right)$ and for every permutation $\sigma$ on $\{1, \ldots, n\}$, one has

$$
\tau\left(x_{1}, \ldots, x_{n}\right)=\tau\left(\left|x_{\sigma(1)}\right|, \ldots,\left|x_{\sigma(n)}\right|\right)
$$

If $\tau$ is such a norm, it is well known that for $m \geq n \geq 1$, one defines a norm $\|\cdot\|_{\tau}$ on the $m n$-dimensional vector space $\mathscr{M}_{m \times n}(\mathrm{R})$ of all $m \times n$-matrices with real entries by setting

$$
\|M\|_{\tau}=\tau\left(s_{1}(M), \ldots, s_{n}(M)\right) \quad \text { for all } \quad M \in \mathscr{M}_{m \times n}(\mathrm{R})
$$

where the $s_{i}(M), 1 \leq i \leq n$, are the eigenvalues of $\sqrt{M^{*} M}$. If for some $q \geq 1$ $\tau(x)=|x|_{q}$, we get the so called Schatten class $S_{q}(m \times n)$ with the norm $\|T\|_{q}=\left|\left(s_{i}(T)\right)_{i=1}^{n}\right|_{q}$.

Since $\tau$ is a 1 -symmetric norm, it is clear that we can renormalize $\tau$ so that for all $x \in \mathbf{R}^{n}$,

$$
\begin{equation*}
\frac{1}{d_{\tau}}|x|_{2} \leq \tau(x) \leq|x|_{2} \tag{4}
\end{equation*}
$$

where $d_{\tau}$ is the Banach-Mazur distance between $\left(\mathrm{R}^{n}, \tau\right)$ and $\ell_{2}^{n}$.
Theorem 3.1. Let $\tau$ be a l-symmetric norm on $\mathrm{R}^{n},\|\cdot\|_{\tau}$ be the norm on $\mathscr{M}_{m \times n}(\mathrm{R})$ associated with $\tau$ and $d_{\tau}=d\left(\left(\mathrm{R}^{n}, \tau\right), \ell_{2}^{n}\right)$ such that (4) is satisfied. Denote by $G$ a Gaussian random matrix of $\mathscr{M}_{m \times n}(\mathrm{R})$ with i.i.d. $\mathscr{N}(0,1)$ entries. Then for every integer $k, 1 \leq k \leq n m$, there exists a $k$-dimensional subspace $F^{k}$ of $\left(\mathscr{M}_{m \times n}(\mathrm{R}),\|\cdot\|_{\tau}\right)$ such that
(i) If $k \leq\left(\mathbb{E}\|G\|_{\tau}\right)^{2} / 4$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq 3$.
(ii) If $\left(\mathbb{E}\|G\|_{\tau}\right)^{2} / 4 \leq k \leq n m$, then $d\left(F^{k}, \ell_{2}^{k}\right) \leq 1+12 d_{\tau} \sqrt{\frac{k}{n m}}$.

Proof. By (4), one has for all $T \in \mathscr{M}_{m \times n}(\mathrm{R})$

$$
\begin{equation*}
\frac{1}{d_{\tau}}\|T\|_{2} \leq\|T\|_{\tau}=\tau\left(s_{1}(T), \ldots, s_{n}(T)\right) \leq\|T\|_{2} \tag{5}
\end{equation*}
$$

where $\|T\|_{2}=\left(\operatorname{tr}\left(T^{\star} T\right)\right)^{1 / 2}$ denotes the Hilbert-Schmidt norm. For $1 \leq p \leq$ $m$ and $1 \leq q \leq n$, let $E_{p q}$ be the canonical basis of $\mathscr{M}_{m \times n}(\mathrm{R})$ (with entries
$\left.\left(E_{p q}\right)_{i j}=\delta_{i p} \delta_{q j}\right)$. Let $G_{\omega}: \ell_{2}^{k} \rightarrow\left(\mathscr{M}_{m \times n}(\mathrm{R}),\|\cdot\|_{\tau}\right)$ be the Gaussian operator defined by

$$
G_{\omega}=\sum_{l=1}^{k} \sum_{\substack{l \leq \sum \leq \leq m \\ 1 \leq q \leq n}} g_{l p q}(\omega) e_{l} \otimes E_{p q}
$$

where $e_{1}, \ldots, e_{k}$ is the canonical basis of $\ell_{2}^{k}$ and the $g_{l p q}, 1 \leq l \leq k, 1 \leq p \leq$ $m, 1 \leq q \leq n$, are i.i.d. $\mathscr{N}(0,1)$ Gaussian variables. By inequalities (2) and (3), we have

$$
\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau} \leq \mathbb{E}\|G\|_{\tau}+a_{k} \sup \left\{\|T\|_{\tau} ; T \in \mathscr{M}_{m \times n}(\mathrm{R}),\|T\|_{2}=1\right\}
$$

and

$$
\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau} \geq \mathbb{E}\|G\|_{\tau}-a_{k} \sup \left\{\|T\|_{\tau} ; T \in \mathscr{M}_{m \times n}(\mathrm{R}),\|T\|_{2}=1\right\}
$$

where $G$ is a Gaussian random matrix of $\mathscr{M}_{m \times n}(\mathrm{R})$ with i.i.d. $\mathscr{N}(0,1)$ entries.
It is clear that $\sup \left\{\|T\|_{\tau} ; T \in \mathscr{M}_{m \times n}(\mathrm{R}),\|T\|_{2}=1\right\}=1$. We distinguish between three cases.

1. If $\mathbb{E}\|G\|_{\tau} \geq 2 \sqrt{k}$, since $\sqrt{k} \geq a_{k}$, we have

$$
\frac{\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau}}{\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau}} \leq \frac{1+a_{k} / \mathbb{E}\|G\|_{\tau}}{1-a_{k} / \mathbb{E}\|G\|_{\tau}} \leq 3 .
$$

2. If $\mathbb{E}\|G\|_{\tau} \leq 2 \sqrt{k} \leq \sqrt{n m} / 2$, then by condition (5) and inequality (2) with $G_{\omega}: \ell_{2}^{k} \rightarrow\left(\mathscr{M}_{m \times n}(\mathrm{R}),\|\cdot\|_{2}\right)$, we get

$$
\begin{aligned}
\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau} & \geq \frac{1}{d_{\tau}} \mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{2} \\
& \geq \frac{1}{d_{\tau}}\left(\mathbb{E}\|G\|_{2}-a_{k}\right) .
\end{aligned}
$$

Since $\mathbb{E}\|G\|_{2}=a_{n m} \geq \frac{\sqrt{n m}}{2}$ and $a_{k} \leq \sqrt{k} \leq \sqrt{n m} / 4$, we get

$$
\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau} \geq \frac{1}{d_{\tau}}\left(\frac{\sqrt{n m}}{2}-a_{k}\right) \geq \frac{\sqrt{n m}}{4 d_{\tau}}
$$

We get thus

$$
\frac{\mathbb{E} \sup _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau}}{\mathbb{E} \inf _{|x|_{2}=1}\left\|G_{\omega}(x)\right\|_{\tau}} \leq \frac{12 d_{\tau} \sqrt{k}}{\sqrt{n m}} .
$$

3. If $\sqrt{k} \geq \sqrt{n m} / 4$, it follows from (5) that for all subspaces $F^{k}$ of $\left(\mathscr{M}_{m \times n}(\mathrm{R}), \tau\right)$ with $\operatorname{dim} F^{k}=k$, one has $d\left(F^{k}, \ell_{2}^{k}\right) \leq d_{\tau}$.

As a consequence of the preceeding theorem, we get:
Corollary 3.2. Let $q \geq 2$ and let $S_{q}(m \times n)$ be the Schatten class. Assume that for some fixed $r>1$, one has $m=r n$. Then for some universal constant $c>0$, and for every integer $k, 1 \leq k \leq n m$, there exists a $k$-dimensional subspace $F^{k}$ of $S_{q}(m \times n)$ such that

$$
d\left(F^{k}, \ell_{2}^{k}\right) \leq 1+\frac{c}{\sqrt{r}} n^{-1 / q} \sqrt{\frac{k}{n}}
$$

Remark. In [5] example 3.3 (i), this result is proved in the case $r=1$ and $k \sim c n^{1+\frac{2}{q}}$ with the estimate $d\left(F^{k}, \ell_{2}^{k}\right) \leq 2$.

Before proving this corollary, we need to compute $\mathbb{E}\|G\|_{q}$ for a Gaussian matrix, $G=\left(g_{i j}\right)_{m(n) \times n}$, where the $g_{i j}$ are i.i.d. $\mathscr{N}(0,1)$ Gaussian variables, and $m(n) / n \rightarrow r(\geq 1)$ as $n \rightarrow \infty$. To this end we need the following theorem.

Theorem 3.3. Let $G$ be a $n \times m(n)$ Gaussian matrix as above. Then almost surely the empirical distribution function

$$
L_{n}=\frac{\#\left\{\lambda \in \text { eigenvalues }\left(\frac{G G^{*}}{n}\right) ; \lambda \leq x\right\}}{n}
$$

converges weakly to the probability law $\Lambda_{r}$ given by:

$$
\frac{d \Lambda_{r}(x)}{d x}=\frac{1}{2 \pi x} \sqrt{(x-a)(b-x)} \mathbb{I}_{[a, b]}(x)
$$

where $a=(\sqrt{r}-1)^{2}, b=(\sqrt{r}+1)^{2}$.
This is known as the free analog of the Poisson-distribution with free parameter $r \geq 1$ [13], [15], [20], [21]. The distribution $\Lambda_{r}$ was first studied by Marchenko and Pastur [20], and the almost sure convergence version stated in Theorem 3.3 is due to Wachter [21].

Lemma 3.4. Let $\lambda_{1}^{*} \geq \lambda_{2}^{*} \geq \ldots \geq \lambda_{n}^{*}$ denote the decreasing rearrangement of the eigenvalues of the random matrix $\sqrt{G G^{*}}$.

Let $\sigma \in[\sqrt{a}, \sqrt{b}]$,

$$
\rho=\rho(\sigma)=\frac{1}{2 \pi} \int_{\sigma^{2}}^{b} \frac{\sqrt{(x-a)(b-x)}}{x} d x
$$

and

$$
I(\sigma, q)=\left(\frac{1}{2 \pi} \int_{\sigma^{2}}^{b} x^{q / 2} \frac{\sqrt{(x-a)(b-x)}}{x} d x\right)^{1 / q}
$$

Then we have asymptotically

$$
\begin{equation*}
\left(\sum_{i=1}^{n \rho} \lambda_{i}^{* q}\right)^{1 / q} \sim n^{1 / 2+1 / q} I(\sigma, q) \text { a.s. } \tag{6}
\end{equation*}
$$

and in particular, for all $0<q<\infty$,

$$
\begin{equation*}
\mathbb{E}\|G\|_{q}=\mathbb{E}\left(\sum_{i=1}^{n} \lambda_{i}^{* q}\right)^{1 / q} \sim n^{1 / 2+1 / q} I(\sqrt{r}-1, q) \tag{7}
\end{equation*}
$$

Proof. Geman [6] proved that a.s.

$$
\frac{\lambda_{1}^{*}}{\sqrt{n}} \rightarrow \sqrt{b} \quad(=\sqrt{r}+1)
$$

and

$$
\mathbb{E}\left(\frac{\lambda_{1}^{*}}{\sqrt{n}}\right)^{q} \rightarrow b^{q / 2}
$$

for all $q>0$ follows as well from the computation there.
Setting $\mu=\sqrt{\lambda}$, we get by Theorem 3.3

$$
\frac{\#\left\{\mu \in \text { eigenvalues }\left(\sqrt{\frac{G G^{*}}{n}}\right) ; \mu \leq \sigma\right\}}{n} \longrightarrow \frac{1}{2 \pi} \int_{a}^{\sigma^{2}} \frac{\sqrt{(x-a)(b-x)}}{x} d x
$$

and the convergence is a.s. as $n \rightarrow \infty$. Then by the above, if $\mu_{1}, \ldots, \mu_{n}$ denote the eigenvalues of the matrix $\sqrt{\frac{G G^{*}}{n}}$, one has $n \rho \sim \#\left\{i ; \mu_{i} \geq \sigma\right\}$. We have then, for all $0<q<\infty$ a.s.

$$
\left(\frac{1}{n} \sum_{i=1}^{n \rho} \mu_{i}^{* q}\right)^{1 / q}=\left(\int_{\sigma^{2}}^{\infty} x^{q / 2} d L_{n}(x)\right)^{1 / q}
$$

and by Geman's result above, a.s. there exists $n_{0}(\omega)$ such that $L_{n}(\omega)$ is supported on $[a-1, b+1]$ for all $n \geq n_{0}(\omega)$. Therefore the last integral is a.s. asymptotically equivalent to

$$
\left(\int_{\sigma^{2}}^{b+1} x^{q / 2} d \Lambda_{r}(x)\right)^{1 / q}
$$

and since $x^{q / 2}$ is a continuous bounded function on $\left[\sigma^{2}, b+1\right]$, the last integral is equal to

$$
\left(\int_{\sigma^{2}}^{b+1} x^{q / 2} d \Lambda_{r}(x)\right)^{1 / q}=\left(\frac{1}{2 \pi} \int_{\sigma^{2}}^{b} x^{q / 2} \frac{\sqrt{(x-a)(b-x)}}{x} d x\right)^{1 / q}
$$

In order to prove equation (7) it suffices to prove that $\mathbb{E}\left(\frac{\|G\|_{q}}{n^{1 / 2+1 / q}}\right)^{1+\varepsilon}$ is bounded for some $\varepsilon>0$. This follows easily from the concentration property of $\|G\|_{q}$ around its mean [9], or using

$$
\mathbb{E}\left(\frac{\|G\|_{q}}{n^{1 / 2+1 / q}}\right)^{1+\varepsilon} \leq \mathbb{E}\left(\frac{n^{1 / q} \lambda_{1}^{*}}{n^{1 / 2+1 / q}}\right)^{1+\varepsilon}=\mathbb{E}\left(\frac{\lambda_{1}^{*}}{\sqrt{n}}\right)^{1+\varepsilon}
$$

which is known to be bounded by Geman's result above.
Remarks. 1. When $q=2$ and $r=1$, we obtain the well known result

$$
\mathbb{E}\|G\|_{2}=\mathbb{E}\left(\sum_{i=1}^{n} \lambda_{i}^{* 2}\right)^{1 / 2}=\mathbb{E}\left(\sum_{1 \leq i, j \leq n} g_{i j}^{2}\right)^{1 / 2}=\frac{\sqrt{2} \Gamma\left(\frac{n^{2}+1}{2}\right)}{\Gamma\left(\frac{n^{2}}{2}\right)} \sim n
$$

and $I(0,2)=1$.
If we take $q=1, r=1$ we have for the 1-nuclear norm of the Gaussian $n \times n$ matrix $G$

$$
\mathbb{E}\|G\|_{1}=\mathbb{E}\left(\sum_{i=1}^{n} \lambda_{i}^{*}\right) \sim n^{3 / 2} I(0,1)=\frac{n^{3 / 2}}{2 \pi} \int_{0}^{4} \sqrt{4-x} d x=\frac{8 n^{3 / 2}}{3 \pi}
$$

2. In fact, one has for all $q \geq 2$ and all $n \geq 1$,

$$
\frac{\sqrt{r}}{2} n^{\frac{1}{q}+\frac{1}{2}} \leq \mathbb{E}\|G\|_{q} \leq n^{\frac{1}{q}+\frac{1}{2}}(\sqrt{r}+1)
$$

Indeed for $\tau(x)=\left(\sum_{i=1}^{n}\left|x_{i}\right|^{q}\right)^{1 / q}$ one has $d_{\tau}=n^{\frac{1}{2}-\frac{1}{q}}$, and we get

$$
n^{\frac{1}{q}-\frac{1}{2}} \mathbb{E}\|G\|_{2} \leq \mathbb{E}\|G\|_{q} \leq n^{1 / q} \mathbb{E}\|G\|_{\infty}
$$

Since $\mathbb{E}\|G\|_{2}=a_{n m} \geq \sqrt{n m} / 2$ and $\mathbb{E}\|G\|_{\infty} \leq a_{n}+a_{m} \leq \sqrt{n}+\sqrt{m}$, this gives the result.
3. Haagerup and Thorbjornsen [15] have studied the more general case of Gaussian matrices with operator entries. They obtain an upper bound for $\mathbb{E}\left(\lambda_{1}^{*}\right)$ and a lower bound for $\mathbb{E}\left(\lambda_{n}^{*}\right)$.

Proof of Corollary 3.2. For $q \geq \ln (n)$, the norm on $S_{q}(m \times n)$ is equivalent up to universal constant to the norm on $S_{\infty}(m \times n)$; so we reduce to the case when $2 \leq q \leq \ln (n)$. We have $\tau(x)=\left(\sum_{i=1}^{n}\left|x_{i}\right|^{q}\right)^{1 / q}$ so that $d_{\tau}=n^{\frac{1}{2}-\frac{1}{q}}$. The result follows now from Remark 2 after Lemma 3.4 and Theorem 3.1, because the estimates $(i)$ and (ii) of this theorem coincide up to a constant when $k=\left(\mathbb{E}\|G\|_{q}\right)^{2} / 4$.

Remark. As for $\ell_{q}^{n}$, we can prove the optimality of Corollary 3.2.
Let $\Theta: \ell_{2}^{k} \rightarrow S_{q}(m \times n)$ be a linear operator such that for all $x \in \ell_{2}^{k}$,

$$
|x|_{2} \leq\|\Theta x\|_{q} \leq d|x|_{2}
$$

If $T_{i}=\Theta\left(e_{i}\right)$ and $G=\left(g_{1}, \ldots, g_{k}\right)$ is a Gaussian vector, we have

$$
a_{k}=\mathbb{E}|G|_{2} \leq\|T(G)\|_{q} \leq n^{1 / q} \mathbb{E}\|T(G)\|_{\infty}=n^{1 / q} \mathbb{E}\left\|\sum_{i=1}^{k} g_{i} T_{i}\right\|_{\infty}
$$

But

$$
\left\|\sum_{i=1}^{k} g_{i} T_{i}\right\|_{\infty}=\sup _{|x|_{2}=1} \sup _{|y|_{2}=1} \sum_{i=1}^{k} g_{i}\left\langle T_{i} x, y\right\rangle .
$$

Let $h_{1}, \ldots, h_{n}, h_{1}^{\prime}, \ldots, h_{m}^{\prime}$ be $n+m$ i.i.d. $\mathscr{N}(0,1)$ real Gaussian variables and define for $x \in \mathrm{R}^{n}$ and $y \in \mathrm{R}^{m}$ the two Gaussian processes:

$$
X_{x, y}=\sum_{i=1}^{k} g_{i}\left\langle T_{i} x, y\right\rangle \quad \text { and } \quad Y_{x, y}=\sqrt{2} d\left(\sum_{i=1}^{m} h_{i} x_{i}+\sum_{i=1}^{n} h_{i}^{\prime} y_{i}\right)
$$

By definition of $T_{i}$, one has

$$
\left\|\sum_{i=1}^{k} \alpha_{i} T_{i}\right\|_{\infty}=\left\|\Theta\left(\sum_{i=1}^{k} \alpha_{i} e_{i}\right)\right\|_{\infty} \leq d\left(\sum_{i=1}^{k} \alpha_{i}^{2}\right)^{1 / 2}
$$

If $|x|_{2}=1$ and $|y|_{2}=1$, one has

$$
\left(\sum_{i=1}^{k}\left|\left\langle T_{i} x, y\right\rangle\right|^{2}\right)^{1 / 2}=\sup _{|\alpha|_{2} \leq 1} \sum_{i=1}^{k} \alpha_{i}\left\langle T_{i} x, y\right\rangle \leq \sup _{|\alpha|_{2} \leq 1}\left\|\sum_{i=1}^{k} \alpha_{i} T_{i}\right\|_{\infty} \leq d
$$

and thus

$$
\begin{aligned}
\mathbb{E}\left|X_{x, y}-X_{x^{\prime}, y^{\prime}}\right|^{2} & =\sum_{i=1}^{k}\left(\left|\left\langle T_{i} x, y-y^{\prime}\right\rangle+\left\langle x-x^{\prime}, T_{i}^{\star} y^{\prime}\right\rangle\right|\right)^{2} \\
& \leq 2 \sum_{i=1}^{k}\left(\left|\left\langle T_{i} x, y-y^{\prime}\right\rangle\right|^{2}+\left|\left\langle x-x^{\prime}, T_{i}^{\star} y^{\prime}\right\rangle\right|^{2}\right) \\
& \leq 2 d^{2}\left(\left|y-y^{\prime}\right|_{2}^{2}+\left|x-x^{\prime}\right|_{2}^{2}\right)=\mathbb{E}\left|Y_{x, y}-Y_{x^{\prime}, y^{\prime}}\right|^{2}
\end{aligned}
$$

Then by Fernique's lemma [4], we obtain

$$
\mathbb{E} \sup _{|x|_{2}=1} \sup _{|y|_{2}=1} X_{x, y} \leq \mathbb{E} \sup _{|x|_{2}=1} \sup _{|y|_{2}=1} Y_{x, y}
$$

and since $\mathbb{E} \sup _{|x|_{2}=1} \sup _{|y|_{2}=1} Y_{x, y}=\sqrt{2} d\left(a_{n}+a_{m}\right)$, we get a universal constant $c>0$ such that

$$
\sqrt{k} \leq c d(\sqrt{r}+1) n^{1 / 2+1 / q} .
$$

If $F^{k} \subset S_{q}(m \times n)$ of dimension $k$ satisfies $d\left(F^{k}, \ell_{2}^{k}\right) \leq \frac{c}{\sqrt{r}} n^{-1 / q} \sqrt{\frac{k^{\prime}}{n}}$ then $k \leq c k^{\prime}$, which proves the optimality of Corollary 3.2.

## 4. Volume ratios with respect to quotients of subspaces of $\boldsymbol{L}_{\boldsymbol{q}}$

In this section we introduce volume ratios of random $k$-dimensional subspaces $F$ of an $n$-dimensional normed space $X$ with respect to the class of all $k$ dimensional subspaces of quotients of $\ell_{q}, 2 \leq q \leq \infty$. Among other things, these volume ratios yield in the case $q=2$, a lower bound for the distance $d\left(F, \ell_{2}^{k}\right)$ for random subspaces $F$ of $X$.

Let us consider the following concept of volume ratios introduced in [11], [12]. Given an $n$-dimensional normed space $X=\left(\mathrm{R}^{n},\|\cdot\|\right)$ with unit ball $B_{X}$, and a Banach space $Z$ with unit ball $B_{Z}$, we define the volume ratios

$$
\begin{aligned}
\operatorname{vr}(X, Z) & :=\inf \left\{\left(\frac{\operatorname{vol}\left(B_{X}\right)}{\operatorname{vol}\left(T\left(B_{Z}\right)\right)}\right)^{1 / n} ; T\left(B_{Z}\right) \subset B_{X}\right\}, \\
\operatorname{vr}(X, S(Z)) & :=\inf \left\{\left(\frac{\operatorname{vol}\left(B_{X}\right)}{\operatorname{vol}\left(T\left(B_{F}\right)\right)}\right)^{1 / n} ; F \subset Z, \operatorname{dim} F=n, T\left(B_{F}\right) \subset B_{X}\right\}, \\
\operatorname{vr}\left(X, S_{p}\right) & :=\operatorname{vr}\left(X, S\left(\ell_{p}\right)\right)
\end{aligned}
$$

and

$$
\operatorname{vr}\left(X, S Q\left(\ell_{p}\right)\right):=\inf _{Q \text { quotient of } \ell_{p}} \operatorname{vr}(X, S(Q))
$$

As in [12] the $n$-th volume number of an operator $T: X \rightarrow Y$ is defined by

$$
\begin{aligned}
& v_{n}(T) \\
& \quad=\sup \left\{\left(\frac{\operatorname{vol}\left(T\left(B_{E}\right)\right)}{\operatorname{vol}\left(B_{F}\right)}\right)^{1 / n} ; E \subset X, T(E) \subset F \subset Y, \operatorname{dim} E=\operatorname{dim} F=n\right\}
\end{aligned}
$$

We shall also need the definition of the p-nuclear norm of an operator $T: X \rightarrow Y$ between two finite dimensional Banach spaces, which is defined by

$$
v_{p}(T)=\inf \left\{\left\|A_{N}\right\|\left\|\sigma_{N}\right\|\left\|B_{N}\right\| ; T=B_{N} \sigma_{N} A_{N}, N \geq 1\right\}
$$

where $A_{N}: X \rightarrow \ell_{\infty}^{N}, \sigma_{N}: \ell_{\infty}^{N} \rightarrow \ell_{p}^{N}$ is a diagonal operator, and $B_{N}: \ell_{p}^{N} \rightarrow$ $Y$.

Theorem 4.1. Let $X=\left(\mathrm{R}^{n},\|\cdot\|\right)$ be an $n$-dimensional normed space, $\left\{b_{i}, b_{i}^{*}\right\}_{i=1}^{n}$ be a biorthogonal basis for $X$ and $J=\sum_{j=1}^{n} e_{j}^{\star} \otimes b_{j}: \mathrm{R}^{n} \rightarrow X$. For all $u \in \mathscr{O}_{n}$, let $u_{k}: \mathrm{R}^{k} \rightarrow \mathrm{R}^{n}$ be the linear operator defined by $u_{k}\left(e_{j}\right)=u\left(e_{j}\right)$ for all $1 \leq j \leq k$ and let $A_{u}=J \circ u_{k}: \ell_{2}^{k} \rightarrow X$.

Then for some universal constant $c>0$ and for all $2 \leq q \leq \infty$, the $k$-dimensional random subspace $F_{u}=A_{u}\left(\ell_{2}^{k}\right) \subset X$ satisfies

$$
\mathbb{E}_{u} \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right) \geq \frac{c \sqrt{k}}{\left(\sqrt{q}+\frac{\sqrt{k}}{n^{1 / q}}\right) \max _{1 \leq i \leq n}\left\|b_{i}^{*}\right\| \mathbb{E}\left\|\sum_{i=1}^{n} g_{i} b_{i}\right\|}
$$

where $\mathbb{E}_{u}$ denotes the expectation with respect to the Haar measure on $\mathscr{O}_{n}$.
Proof. For $u \in \mathscr{O}_{n}$, define $B_{u}: X \rightarrow \ell_{2}^{k}$ by $B_{u}=u_{k}^{\star} \circ J^{-1}$ where $u_{k}^{\star}: \mathrm{R}^{n} \rightarrow \mathrm{R}^{k}$ is the adjoint of $u_{k}$. Clearly $B_{u} A_{u}=i d_{\ell_{2}^{k}}$.

Claim. Let $q^{\prime}$ be the conjugate of $q$, i.e. $\frac{1}{q}+\frac{1}{q^{\prime}}=1$, then

$$
\begin{equation*}
\mathbb{E}_{u} v_{q^{\prime}}\left(B_{u}: X \rightarrow \ell_{2}^{k}\right) \leq c \sqrt{n}\left(\sqrt{q}+\frac{\sqrt{k}}{n^{1 / q}}\right) \max _{1 \leq j \leq n}\left\|b_{j}^{*}\right\| \tag{8}
\end{equation*}
$$

To show this, we write $B_{u}=\left.u_{k}^{*}\right|_{\ell_{q^{\prime}}^{n} \rightarrow \ell_{2}^{k}} I J^{-1}$ where $I=\sum_{i=1}^{n} e_{i} \otimes e_{i}: \ell_{\infty}^{n} \rightarrow$ $\ell_{q^{\prime}}^{n}$ is the identity map, and $J^{-1}=\sum_{i=1}^{n} b_{i}^{*} \otimes e_{i}: X \rightarrow \ell_{\infty}^{n}$. Then clearly

$$
v_{q^{\prime}}\left(\left.B_{u}\right|_{X \rightarrow \ell_{2}^{k}}\right) \leq\left\|J^{-1}\right\|\|I\|\left\|\left.u_{k}^{*}\right|_{q_{q^{\prime}}^{n} \rightarrow \ell_{2}^{k}}\right\|=\max _{1 \leq i \leq n}\left\|b_{i}^{*}\right\| n^{1 / q^{\prime}}\left\|\left.u_{k}^{*}\right|_{\ell_{q^{\prime}}^{n} \rightarrow \ell_{2}^{k}}\right\| .
$$

Let $G=\sum_{i j} g_{i j} e_{i} \otimes e_{j}$ denote the Gaussian operator which maps $\ell_{q^{\prime}}^{n}$ into $\ell_{2}^{k}$; we have by [1]

$$
\begin{aligned}
\mathbb{E}_{u}\left\|\left.u_{k}^{*}\right|_{q^{\prime}} ^{n} \rightarrow \ell_{2}^{k}\right\| & \leq \frac{c_{0}}{\sqrt{n}} \mathbb{E}\left\|G: \ell_{q^{\prime}}^{n} \rightarrow \ell_{2}^{k}\right\| \\
& \leq \frac{c_{1}}{\sqrt{n}}\left(c n^{1 / q} \sqrt{q}+\sqrt{k}\right)
\end{aligned}
$$

hence

$$
\mathbb{E}_{u} v_{q^{\prime}}\left(\left.B_{u}\right|_{X \rightarrow \ell_{2}^{k}}\right) \leq c_{0} n^{1 / 2}\left(c \sqrt{q}+n^{-1 / q} \sqrt{k}\right) \max _{1 \leq i \leq n}\left\|b_{i}^{*}\right\|
$$

and () is proved.
For $T: \ell_{2}^{k} \rightarrow X$, define $\operatorname{rad}(T):=\int_{0}^{1}\left\|\sum_{i=1}^{k} r_{i}(t) T\left(e_{i}\right)\right\|_{X} d t$ where $\left(r_{i}\right)_{i=1}^{k}$ are independent Rademacher variables. Now we use a method from [1]. By the Marcus-Pisier inequality [17], we get

$$
\begin{aligned}
\sqrt{n} \mathbb{E}_{u} \operatorname{rad}\left(A_{u}: \ell_{2}^{k} \rightarrow X\right) & =\sqrt{n} \mathbb{E}_{u} \int_{0}^{1}\left\|\sum_{j=1}^{k} r_{j}(t) A_{u}\left(e_{j}\right)\right\| d t \\
& \leq c \mathbb{E} \int_{0}^{1}\left\|\sum_{j=1}^{k} \sum_{i=1}^{n} r_{j}(t) g_{i j} b_{i}\right\| d t \\
& \leq c \sqrt{k} \mathbb{E}\left\|\sum_{i=1}^{n} g_{i} b_{i}\right\|
\end{aligned}
$$

By [3] one has

$$
\mathbb{E}_{u} \sqrt{k} v_{k}\left(A_{u}\right) \leq c_{1} \mathbb{E}_{u} \operatorname{rad}\left(A_{u}\right) \leq \frac{c \sqrt{k}}{\sqrt{n}} \mathbb{E}\left\|\sum_{i=1}^{n} g_{i} b_{i}\right\|
$$

By [12] Lemma 1.3, we have for $2 \leq q \leq \infty$ and $k=1,2, \ldots$, and any operator $T$ from a Banach space $Z$ to $\ell_{2}$

$$
\frac{\sqrt{k} v_{k}(T)}{v_{q^{\prime}}(T)} \leq c_{0} \sup _{F \subset Z, \operatorname{dim}(F)=k} \operatorname{vr}\left(F, S Q\left(\ell_{q}\right)\right)
$$

Applying this to $\left.B_{u}\right|_{F_{u} \rightarrow \ell_{2}^{k}}$ we get

$$
\sqrt{k} v_{k}\left(\left.B_{u}\right|_{F_{u}}\right) \leq c_{0} v_{q^{\prime}}\left(B_{u}\right) \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right) .
$$

Since $B_{u} A_{u}=i d_{\ell_{2}^{k}}$, we have $1=v_{k}\left(B_{u} A_{u}\right)=v_{k}\left(A_{u}\right) v_{k}\left(\left.B_{u}\right|_{F_{u}}\right)$. Hence we obtain

$$
1 \leq c_{0} v_{k}\left(A_{u}\right) \frac{v_{q^{\prime}}\left(B_{u}\right)}{\sqrt{k}} \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right)
$$

and taking the 3-rd root we get by Hölder's inequality

$$
\begin{aligned}
1 & \leq c_{0} \mathbb{E}_{u} v_{k}\left(A_{u}\right) \mathbb{E}_{u}\left(\frac{v_{q^{\prime}}\left(B_{u}\right)}{\sqrt{k}}\right) \mathbb{E}_{u} \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right) \\
& \leq \frac{c}{\sqrt{n}} \mathbb{E}\left\|\sum_{i=1}^{n} g_{i} b_{i}\right\| \frac{c \sqrt{n}}{\sqrt{k}}\left(\sqrt{q}+\frac{\sqrt{k}}{n^{1 / q}}\right) \max _{i}\left\|b_{i}^{*}\right\| \mathbb{E}_{u} \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right)
\end{aligned}
$$

This concludes the proof.
Remarks. 1. It was proved in [12] that

$$
\begin{aligned}
\operatorname{vr}\left(X, S Q\left(\ell_{p}\right)\right) & \leq \operatorname{vr}\left(X, S\left(\ell_{p}\right)\right) \\
& \leq c_{o} \sqrt{p+p^{\prime}} \operatorname{vr}\left(X, S Q\left(\ell_{p}\right)\right)
\end{aligned}
$$

with $\frac{1}{p}+\frac{1}{p^{\prime}}=1$.
2. We obtain for $2 \leq p \leq \ln n$ and $X=\ell_{p}^{n}$,

$$
\mathbb{E}_{u} \operatorname{vr}\left(F_{u}, \ell_{2}\right) \geq \frac{c \sqrt{k}}{\sqrt{p} n^{1 / p}}
$$

and

$$
\mathbb{E}_{u} \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right) \geq \frac{c \sqrt{k}}{\sqrt{p} n^{1 / p} \max \left(\sqrt{q}, \frac{\sqrt{k}}{n^{1 / q}}\right)},
$$

Now when $p \geq q \geq 2$ and $k$ similar to $q n^{2 / q}$, we have

$$
\mathbb{E}_{u} \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right) \geq \frac{n^{1 / q-1 / p}}{\sqrt{p}}
$$

This estimate is sharp because for all $k$-dimensional subspaces $F^{k}$ of $\mathrm{R}^{n}$, if $F_{p}^{k}$ denotes $F^{k}$ endowed with the norm of $\ell_{p}^{n}$, one has

$$
\operatorname{vr}\left(F_{p}^{k}, S Q\left(\ell_{q}\right)\right) \leq d\left(F_{p}^{k}, F_{q}^{k}\right) \leq d\left(\ell_{p}^{n}, \ell_{q}^{n}\right)=n^{1 / q-1 / p} .
$$

3. For $2 \leq p \leq \ln n$ and $X=S_{p}(m \times n)$ where $m=r n, r \geq 1$, it follows from Theorem 4.1 that

$$
\mathbb{E}_{u} \operatorname{vr}\left(F_{u}, \ell_{2}\right) \geq \frac{c \sqrt{k}}{\sqrt{r} n^{1 / 2+1 / p}}
$$

and

$$
\mathbb{E}_{u} \operatorname{vr}\left(F_{u}, S Q\left(\ell_{q}\right)\right) \geq \frac{c \sqrt{k}}{\sqrt{r} n^{1 / p+1 / 2} \max \left(\sqrt{q}, \frac{\sqrt{k}}{n^{1 / q}}\right)}
$$

Indeed, by Lemma 3.4, one has

$$
\mathbb{E}\left\|\sum_{i, j} g_{i j} E_{i j}\right\|_{p} \leq c n^{1 / p+1 / 2} \sqrt{r} .
$$

4. In particular Theorem 4.1 gives, in average, an optimal lower bound for the Banach Mazur distance between random $k$-dimensional subspaces of $X$ to $\ell_{2}^{k}$ (see parts 2 and 3 above).

## 5. Application to Gelfand numbers

The $k$-th Gelfand number of a linear operator $T: X \rightarrow Y$ is defined to be

$$
c_{k}(T)=\inf \left\{\left\|\left.T\right|_{L}\right\| ; L \subset X, \operatorname{codim} L=k-1\right\} .
$$

In this section, we will study particularly the Gelfand numbers $\left(c_{k}\right)$ for large values of $k$, in terms of the dimension of $X$.

Theorem 5.1. Let $X$ be an n-dimensional normed space with a basis $\left\{x_{i}\right\}_{i=1}^{n}$ satisfying $a(C, s)$-estimate for $s>2$ and $C>0$. Let $q$ be defined by $\frac{1}{s}=\frac{1}{2}-\frac{1}{q}$. Let $T: X \rightarrow Y$ and denote $T\left(x_{i}\right)=y_{i}$ for all $i=1, \ldots, n$. Then for some universal constants $c_{1}, c_{2}, d_{1}, d_{2}>0$, for all integers $k$, we have
(i) if $n-k \leq \frac{1}{4}\left(\mathbb{E}\left\|\sum_{j=1}^{n} g_{j} x_{j}\right\|\right)^{2}$,

$$
c_{k+1}(T) \leq \frac{\mathbb{E}\left\|\sum_{j=1}^{n} g_{j} y_{j}\right\|_{Y}+a_{n-k} \sup _{t_{1}^{2}+\cdots+t_{n}^{2}=1}\left\|\sum_{j=1}^{n} t_{j} y_{j}\right\|_{Y}}{\frac{1}{2} \mathbb{E}\left\|\sum_{j=1}^{n} g_{j} x_{j}\right\|_{X}}
$$

(ii) if $\frac{1}{4}\left(\mathbb{E}\left\|\sum_{j=1}^{n} g_{j} x_{j}\right\|\right)^{2} \leq n-k \leq c_{1} C^{2} q e^{-q} n$,

$$
c_{k+1}(T) \leq \frac{\mathbb{E}\left\|\sum_{j=1}^{n} g_{j} y_{j}\right\|_{Y}+a_{n-k} \sup _{t_{1}^{2}+\cdots+t_{n}^{2}=1}\left\|\sum_{j=1}^{n} t_{j} y_{j}\right\|_{Y}}{d_{1} C \sqrt{q} n^{1 / q}},
$$

(iii) if $c_{1} C^{2} q e^{-q} n \leq n-k \leq c_{2} n$,

$$
c_{k+1}(T) \leq \frac{\mathbb{E}\left\|\sum_{j=1}^{n} g_{j} y_{j}\right\|_{Y}+a_{n-k} \sup _{t_{1}^{2}+\cdots+t_{n}^{2}=1}\left\|\sum_{j=1}^{n} t_{j} y_{j}\right\|_{Y}}{d_{2} C(n-k)^{1 / q} \sqrt{\ln \left(1+\frac{n}{n-k}\right)}}
$$

The following theorem will treat the case of spaces of operators. For the notation, see section 3. In particular $G$ denotes a random Gaussian matrix of $\mathscr{M}_{m \times n}(\mathrm{R})$ with i.i.d. $\mathscr{N}(0,1)$ entries.

Theorem 5.2. Let $\tau$ be a 1 -symmetric norm on $\mathrm{R}^{n},\|\cdot\|_{\tau}$ the norm on $\mathscr{M}_{m \times n}(\mathrm{R})$ associated with $\tau$ and $d_{\tau}=d\left(\left(\mathrm{R}^{n}, \tau\right), \ell_{2}^{n}\right)$ such that $(4)$ is satisfied. Let $E_{i j}$ denote the canonical basis of $\mathscr{M}_{m \times n}(\mathrm{R}), T$ an operator from $\mathscr{M}_{m \times n}(\mathrm{R})$ to $Y$, and for $i=1, \ldots, n, j=1, \ldots m$, let $T\left(E_{i j}\right)=y_{i j}$. The following estimates hold:
(i) if $n m-k \leq \frac{1}{4}\left(\mathbb{E}\|G\|_{\tau}\right)^{2}$, then

$$
c_{k+1}(T) \leq \frac{\mathbb{E}\left\|\sum_{i=1}^{n} \sum_{j=1}^{m} g_{i j} y_{i j}\right\|_{Y}+a_{n m-k} \sup _{|t|_{2}=1}\left\|\sum_{i=1}^{n} \sum_{j=1}^{m} t_{i j} y_{i j}\right\|_{Y}}{\frac{1}{2} \mathbb{E}\|G\|_{\tau}}
$$

(ii) if $\frac{1}{4}\left(\mathbb{E}\|G\|_{\tau}\right)^{2} \leq n m-k \leq n m / 16$, then

$$
c_{k+1}(T) \leq \frac{4 d_{\tau}}{\sqrt{n m}}\left(\mathbb{E}\left\|\sum_{i=1}^{n} \sum_{j=1}^{m} g_{i j} y_{i j}\right\|_{Y}+a_{n m-k} \sup _{|t|_{2}=1}\left\|\sum_{i=1}^{n} \sum_{j=1}^{m} t_{i j} y_{i j}\right\|_{Y}\right)
$$

Proofs. The beginning of the proof is the same for both theorems. We denote by $\left(x_{i}\right)_{i=1}^{M}$ the basis of $X$ and by $y_{i}=T x_{i}$, for $1 \leq i \leq M$, and $M=n$ (for theorem 5.1), and $M=n m$ (for theorem 5.2).

If $\left(g_{i j}\right), i, j=1, \ldots, M$ is a sequence of $\mathscr{N}(0,1)$ i.i.d. Gaussian variable then $L_{\omega}=\operatorname{span}\left\{\sum_{j=1}^{M} g_{i j}(\omega) x_{j}\right\}_{i=1}^{M-k}$ is a random subspace of $X$ of dimension $M-k$ almost everywhere. Hence, a.e.,

$$
c_{k+1}(T) \leq\left\|\left.T\right|_{L_{\omega}}\right\| \leq \sup _{t_{1}^{2}+\cdots+t_{M-k}^{2}=1}\left(\frac{\left\|\sum_{i=1}^{M-k} \sum_{j=1}^{M} g_{i j}(\omega) t_{i} y_{j}\right\|_{Y}}{\left\|\sum_{i=1}^{M-k} \sum_{j=1}^{M} g_{i j}(\omega) t_{i} x_{j}\right\|_{X}}\right)
$$

and by integration, we obtain

$$
c_{k+1}(T) \leq \frac{\mathbb{E} \sup _{t_{1}^{2}+\cdots+t_{M-k}^{2}=1}\left\|\sum_{i=1}^{M-k} \sum_{j=1}^{M} g_{i j}(\omega) t_{i} y_{j}\right\|_{Y}}{\mathbb{E} \inf _{t_{1}^{2}+\cdots+t_{M-k}^{2}=1}\left\|\sum_{i=1}^{M-k} \sum_{j=1}^{M} g_{i j}(\omega) t_{i} x_{j}\right\|_{X}}
$$

By (3), we have the classical upper bound for the numerator:

$$
\mathbb{E} \sup _{|t|_{2}=1}\left\|\sum_{i, j} g_{i j}(\omega) t_{i} y_{j}\right\|_{Y} \leq \mathbb{E}\left\|\sum_{j=1}^{M} g_{j} y_{j}\right\|+a_{M-k} \sup _{t_{1}^{2}+\cdots+t_{M}^{2}=1}\left\|\sum_{j=1}^{M} t_{j} y_{j}\right\|
$$

We need now a lower bound of $\mathbb{E} \inf _{|t|_{2}=1}\left\|G_{\omega}(t)\right\|$, where $G_{\omega}: \ell_{2}^{M-k} \rightarrow X$ is the Gaussian operator

$$
G_{\omega}=\sum_{i=1}^{M-k} \sum_{j=1}^{M} g_{i j}(\omega) e_{i} \otimes x_{j}
$$

End of proof of Theorem 5.1. Here $n=M=\operatorname{dim} X$ and the family $\left(x_{1}, \ldots, x_{n}\right)$ satisfies a $(C, s)$-estimate. Using the arguments of the proof of Theorem 2.1, there exist universal constants $c_{1}, c_{2}, d_{1}, d_{2}>0$ such that

- if $n-k \leq\left(\mathbb{E}\left\|\sum_{j=1}^{n} g_{j} x_{j}\right\|\right)^{2} / 4$, we are in the case of Dvoretzky's theorem, then

$$
\mathbb{E} \inf _{|t|_{2}=1}\left\|G_{\omega}(t)\right\| \geq \frac{1}{2} \mathbb{E}\left\|\sum_{j=1}^{n} g_{j} x_{j}\right\|,
$$

- if $\left(\mathbb{E}\left\|\sum_{j=1}^{n} g_{j} x_{j}\right\|\right)^{2} / 4 \leq n-k \leq c_{1} C^{2} q e^{-q} n$, then

$$
\mathbb{E} \inf _{|t|_{2}=1}\left\|G_{\omega}(t)\right\| \geq d_{1} C \sqrt{q} n^{1 / q}
$$

- if $c_{1} C^{2} q e^{-q} n \leq n-k \leq c_{2} n$, then

$$
\mathbb{E} \inf _{|t|_{2}=1}\left\|G_{\omega}(t)\right\| \geq d_{2} C(n-k)^{1 / q} \sqrt{\ln \left(1+\frac{n}{n-k}\right)}
$$

This proves Theorem 5.1.
End of proof of Theorem 5.2. In the case of operator spaces, we take $M=n m$ and we work with the canonical basis of $\mathscr{M}_{m \times n}(\mathrm{R})$. Using the arguments of the proof of Theorem 3.1 (cases 1 and 2), we have

- if $n m-k \leq\left(\mathbb{E}\|G\|_{\tau}\right)^{2} / 4$,

$$
\mathbb{E} \inf _{\mid t t_{2}=1}\left\|G_{\omega}(t)\right\| \geq \frac{1}{2} \mathbb{E}\|G\|_{\tau},
$$

- if $\left(\mathbb{E}\|G\|_{\tau}\right)^{2} / 4 \leq n m-k \leq n m / 16$,

$$
\mathbb{E} \inf _{|t|_{2}=1}\left\|G_{\omega}(t)\right\| \geq \frac{\sqrt{n m}}{4 d_{\tau}}
$$

and this proves Theorem 5.2.
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