# Quermaßintegrals and asymptotic shape of random polytopes in an isotropic convex body 

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#### Abstract

Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. For every $N>n$ consider the random polytope $K_{N}:=\operatorname{conv}\left(\left\{ \pm x_{1}, \ldots, \pm x_{N}\right\}\right)$, where $x_{1}, \ldots, x_{N}$ are independent random points, uniformly distributed in $K$. We prove that if $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$ then the normalized quermaßintegrals $$
Q_{k}\left(K_{N}\right)=\left(\frac{1}{\omega_{k}} \int_{G_{n, k}}\left|P_{F}(K)\right| d \nu_{n, k}(F)\right)^{1 / k}
$$ of $K_{N}$ satisfy the asymptotic formula $Q_{k}\left(K_{N}\right) \simeq L_{K} \sqrt{\log N}$ for all $1 \leqslant k \leqslant$ $n$. From this fact, we obtain precise quantitative estimates on the asymptotic behaviour of basic geometric parameters of $K_{N}$.


## 1 Introduction

The aim of this work is to provide new information on the asymptotic shape of the random polytope

$$
\begin{equation*}
K_{N}=\operatorname{conv}\left\{ \pm x_{1}, \ldots, \pm x_{N}\right\} \tag{1.1}
\end{equation*}
$$

spanned by $N$ independent random points $x_{1}, \ldots, x_{N}$ which are uniformly distributed in an isotropic convex body $K$ in $\mathbb{R}^{n}$. We fix $N>n$ and further exploit the idea of [9] to compare $K_{N}$ with the $L_{q}$-centroid body $Z_{q}(K)$ of $K$ for $q \simeq \log N$. [Recall that the $L_{q}$-centroid body $Z_{q}(K)$ of $K$ has support function

$$
\begin{equation*}
h_{Z_{q}(K)}(x)=\|\langle\cdot, x\rangle\|_{q}:=\left(\int_{K}|\langle y, x\rangle|^{q} d y\right)^{1 / q} \tag{1.2}
\end{equation*}
$$

Background information on isotropic convex bodies and their $L_{q}$-centroid bodies is given in Section 2.]

This idea has its roots in previous works (see [11], [19] and [22]) on the behaviour of symmetric random $\pm 1$-polytopes, the absolute convex hulls of random
subsets of the discrete cube $D_{2}^{n}=\{-1,1\}^{n}$. These articles demonstrated that the absolute convex hull $D_{N}=\operatorname{conv}\left(\left\{ \pm x_{1}, \ldots, \pm x_{N}\right\}\right)$ of $N$ independent random points $x_{1}, \ldots, x_{N}$ uniformly distributed over $D_{2}^{n}$ has extremal behaviour - with respect to several geometric parameters - among all $\pm 1$-polytopes with $N$ vertices, at every scale of $n$ and $n<N \leqslant 2^{n}$. The main source of this information is the following estimate from [19] (which improves upon an analogous result from [11]): for all $N \geqslant(1+\delta) n$, where $\delta>0$ can be as small as $1 / \log n$, and for every $0<\beta<1$,

$$
\begin{equation*}
D_{N} \supseteq c\left(\sqrt{\beta \log (N / n)} B_{2}^{n} \cap Q_{n}\right) \tag{1.3}
\end{equation*}
$$

with probability greater than $1-\exp \left(-c_{1} n^{\beta} N^{1-\beta}\right)-\exp \left(-c_{2} N\right)$, where $B_{2}^{n}$ is the Euclidean unit ball and $Q_{n}=[-1 / 2,1 / 2]^{n}$ is the unit cube in $\mathbb{R}^{n}$.

In a sense, the model of $D_{N}$ corresponds to the study of the geometry of a random polytope spanned by random points which are uniformly distributed in $Q_{n}$. Starting from the observation that $Z_{q}\left(Q_{n}\right) \simeq \sqrt{q} B_{2}^{n} \cap Q_{n}$, and hence (1.3) can be equivalently written in the form

$$
\begin{equation*}
D_{N} \supseteq c Z_{\beta \log (N / n)}\left(Q_{n}\right), \tag{1.4}
\end{equation*}
$$

we proved in [9] that, in full generality, a precise analogue of (1.4) holds true for the random polytope $K_{N}$ spanned by $N$ independent random points $x_{1}, \ldots, x_{N}$ uniformly distributed in an isotropic convex body $K$ : for every $N \geqslant c n$, where $c>0$ is an absolute constant, and for every isotropic convex body $K$ in $\mathbb{R}^{n}$, we have

$$
\begin{equation*}
K_{N} \supseteq c_{1} Z_{q}(K) \text { for all } q \leqslant c_{2} \log (N / n) \tag{1.5}
\end{equation*}
$$

with probability tending exponentially fast to 1 as $n, N \rightarrow \infty$.
The precise statement is given in Section 3, and it will play a main role in the present work. The inclusion is sharp; it is proved in [9] that $K_{N}$ is "weakly sandwiched" between $Z_{q_{i}}(K)(i=1,2)$, where $q_{i} \simeq \log N$, in the following sense. It can be easily checked that for every $\alpha>1$ one has

$$
\begin{equation*}
\mathbb{E}\left[\sigma\left(\left\{\theta: h_{K_{N}}(\theta) \geqslant \alpha h_{Z_{q}(K)}(\theta)\right\}\right)\right] \leqslant N \alpha^{-q}, \tag{1.6}
\end{equation*}
$$

and this implies that if $q \geqslant c_{3} \log (N / n)$ then, for most $\theta \in S^{n-1}$, one has $h_{K_{N}}(\theta) \leqslant$ $c_{4} h_{Z_{q}(K)}(\theta)$. It follows that several geometric parameters of $K_{N}$ are controlled by the corresponding parameters of $Z_{[\log (N / n)]}(K)$. For example, in [9] the volume radius of a random $K_{N}$ was determined for the full range of values of $N$ : For every $c n \leqslant N \leqslant \exp (n)$, one has

$$
\begin{equation*}
\frac{c_{5} \sqrt{\log (N / n)}}{\sqrt{n}} \leq\left|K_{N}\right|^{1 / n} \leqslant \frac{c_{6} L_{K} \sqrt{\log (N / n)}}{\sqrt{n}} \tag{1.7}
\end{equation*}
$$

with probability greater than $1-\frac{1}{N}$, where $c_{5}, c_{6}>0$ are absolute constants. Actually, combining the argument with a recent result of B. Klartag and E. Milman (see
[15]) one can see that in the range $N \in[c n, \exp (\sqrt{n})]$ the isotropic constant $L_{K}$ of $K$ may be inserted in the lower bound, thus leading to the asymptotic formula

$$
\begin{equation*}
\left|K_{N}\right|^{1 / n} \simeq \frac{L_{K} \sqrt{\log (N / n)}}{\sqrt{n}} \tag{1.8}
\end{equation*}
$$

Our first result provides an extension of this formula to the full family of quermaßintegrals $W_{n-k}\left(K_{N}\right)$ of $K_{N}$. These are defined through Steiner's formula

$$
\begin{equation*}
\left|K+t B_{2}^{n}\right|=\sum_{k=0}^{n}\binom{n}{k} W_{n-k}(K) t^{n-k} \tag{1.9}
\end{equation*}
$$

where $W_{n-k}(K)$ is the mixed volume $V\left(K, k ; B_{2}^{n}, n-k\right)$. We work with a normalized variant of $W_{n-k}(K)$ : for every $1 \leqslant k \leqslant n$ we set

$$
\begin{equation*}
Q_{k}(K)=\left(\frac{W_{n-k}(K)}{\omega_{n}}\right)^{1 / k}=\left(\frac{1}{\omega_{k}} \int_{G_{n, k}}\left|P_{F}(K)\right| d \nu_{n, k}(F)\right)^{1 / k} \tag{1.10}
\end{equation*}
$$

where the last equality follows from Kubota's integral formula (see Section 2 for background information on mixed volumes). In Section 3 we determine the expectation of $Q_{k}\left(K_{N}\right)$ for all values of $k$ :
Theorem 1.1. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. If $n^{2} \leqslant N \leqslant \exp (c n)$ then for every $1 \leqslant k \leqslant n$ we have

$$
\begin{equation*}
\sqrt{\log N} \lesssim \mathbb{E}\left[Q_{k}\left(K_{N}\right)\right] \lesssim w\left(Z_{\log N}(K)\right) \tag{1.11}
\end{equation*}
$$

In the range $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$ we have an asymptotic formula: for every $1 \leqslant k \leqslant$ $n$,

$$
\begin{equation*}
\mathbb{E}\left[Q_{k}\left(K_{N}\right)\right] \simeq L_{K} \sqrt{\log N} \tag{1.12}
\end{equation*}
$$

We would like to comment here that all our estimates remain valid for $n^{1+\delta} \leqslant$ $N \leqslant n^{2}$, where $\delta \in(0,1)$ is fixed, if we allow the constants to depend on $\delta$. Working in the range $N \simeq n$ would require more delicate arguments. We chose to simplify the exposition; in fact, Proposition 3.1 (see Section 3) is proved for the range $c n \leqslant N \leqslant \exp (c n)$ and it is quite natural that similar extensions can be provided for most statements in this article (the interested reader may also consult [29] and [3]). Another comment is that in this paper we say that a random $K_{N}$ satisfies a certain asymptotic formula ( F ) if this holds true with probability greater than $1-N^{-1}$, where the constants appearing in (F) are absolute positive constants.

A more careful analysis is carried out in Section 4, where we obtain the equivalence $Q_{k}\left(K_{N}\right) \simeq L_{K} \sqrt{\log N}$ with high probability for a random $K_{N}$, in the range $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$.
Theorem 1.2. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. If $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$ then, with probability greater than $1-N^{-1}$ we have

$$
\begin{equation*}
Q_{k}\left(K_{N}\right) \simeq L_{K} \sqrt{\log N} \tag{1.13}
\end{equation*}
$$

for all $1 \leqslant k \leqslant n$.

From Theorem 1.2 one can derive several geometric properties of a random $K_{N}$. In Section 4 we describe two of them, concerning the regularity of the covering numbers $N\left(K_{N}, \varepsilon B_{2}^{n}\right)$ and the size of random $k$-dimensional projections of $K_{N}$.

Theorem 1.3. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$ and let $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$. (i) A random $K_{N}$ satisfies with probability greater than $1-N^{-1}$ the entropy estimate

$$
\begin{equation*}
\log N\left(K_{N}, c_{1} \varepsilon L_{K} \sqrt{\log N} B_{2}^{n}\right) \leqslant c_{2} n \min \left\{\log \left(1+\frac{c_{3}}{\varepsilon}\right), \frac{1}{\varepsilon^{2}}\right\} \tag{1.14}
\end{equation*}
$$

for every $\varepsilon>0$, where $c_{1}, c_{2}, c_{3}>0$ are absolute constants.
(ii) Moreover, a random $K_{N}$ satisfies with probability greater than $1-N^{-1}$ the following: for every $1 \leqslant k \leqslant n$,

$$
\begin{equation*}
\left(\frac{\left|P_{F}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \simeq L_{K} \sqrt{\log N} \tag{1.15}
\end{equation*}
$$

with probability greater than $1-e^{-c k}$ with respect to the Haar measure $\nu_{n, k}$ on $G_{n, k}$.
Given $1 \leqslant k \leqslant n$, we also give upper bounds for the volume of the projection of a random $K_{N}$ onto a fixed $F \in G_{n, k}$ and onto the $k$-dimensional coordinate subspaces of $\mathbb{R}^{n}$. These are valid provided that $N$ is not too large, depending on $k$.

Theorem 1.4. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$ and let $1 \leqslant k \leqslant n$.
(i) For all $k<N \leqslant e^{k}$ and for every $F \in G_{n, k}$ we have

$$
\begin{equation*}
\left(\frac{\left|P_{F}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \leqslant c L_{K} \sqrt{\log N} \tag{1.16}
\end{equation*}
$$

with probability greater than $1-N^{-1}$.
(ii) For all $k<N \leqslant \exp \left(c_{1} \sqrt{k / \log k}\right)$, a random $K_{N}$ satisfies with probability greater than $1-\exp \left(-c_{2} \sqrt{k / \log k}\right)$ the following: for every $\sigma \subseteq\{1, \ldots, n\}$ with $|\sigma|=k$,

$$
\begin{equation*}
\left(\frac{\left|P_{\sigma}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \leqslant c_{3} L_{K} \log (e n / k) \sqrt{\log N} \tag{1.17}
\end{equation*}
$$

where $c_{i}>0$ are absolute constants.
In Section 5 we generalize a result of Mendelson, Pajor and Rudelson from [22] on the combinatorial dimension of the random polytope $D_{N}$. This is defined as follows: for a fixed orthonormal basis $\left\{e_{1}, \ldots, e_{n}\right\}$ of $\mathbb{R}^{n}$ and for every $\varepsilon>0$, the (Vapnik-Chervonenkis) combinatorial dimension $\operatorname{VC}(K, \varepsilon)$ of a symmetric convex body $K$ in $\mathbb{R}^{n}$ is the largest cardinality of a subset $\sigma$ of $\{1, \ldots, n\}$ for which

$$
\begin{equation*}
\varepsilon Q_{\sigma} \subseteq P_{\sigma}(K) \tag{1.18}
\end{equation*}
$$

where $Q_{\sigma}$ is the unit cube in $\mathbb{R}^{\sigma}=\operatorname{span}\left\{e_{i}: i \in \sigma\right\}$ and $P_{\sigma}$ denotes the orthogonal projection onto $\mathbb{R}^{\sigma}$. It is proved in [22] that a random $D_{N}$ satisfies

$$
\begin{equation*}
\mathrm{VC}\left(D_{N}, \varepsilon\right) \simeq \min \left\{\frac{c \log \left(c N \varepsilon^{2}\right)}{\varepsilon^{2}}, n\right\} \tag{1.19}
\end{equation*}
$$

We extend this estimate to the more general class of random polytopes $K_{N}$ where $K$ is an isotropic convex body in $\mathbb{R}^{n}$ which is unconditional with respect to the basis $\left\{e_{1}, \ldots, e_{n}\right\}$.

Theorem 1.5. Let $K$ be an unconditional isotropic convex body in $\mathbb{R}^{n}$. If $c_{1} n \leqslant$ $N \leqslant \exp \left(c_{2} n\right)$ then a random $K_{N}$ satisfies

$$
\begin{equation*}
\mathrm{VC}\left(K_{N}, \varepsilon\right) \geqslant \min \left\{\frac{c_{3} \log (N / n)}{\varepsilon^{2}}, n\right\} \tag{1.20}
\end{equation*}
$$

for every $\varepsilon \in(0,1)$.

## 2 Notation and background material

We work in $\mathbb{R}^{n}$, which is equipped with a Euclidean structure $\langle\cdot, \cdot\rangle$. We denote by $\|\cdot\|_{2}$ the corresponding Euclidean norm, and write $B_{2}^{n}$ for the Euclidean unit ball, and $S^{n-1}$ for the unit sphere. Volume is denoted by $|\cdot|$. We write $\omega_{n}$ for the volume of $B_{2}^{n}$ and $\sigma$ for the rotationally invariant probability measure on $S^{n-1}$. The Grassmann manifold $G_{n, k}$ of $k$-dimensional subspaces of $\mathbb{R}^{n}$ is equipped with the Haar probability measure $\nu_{n, k}$. Let $1 \leqslant k \leqslant n$ and $F \in G_{n, k}$. We will denote the orthogonal projection from $\mathbb{R}^{n}$ onto $F$ by $P_{F}$. We also define $B_{F}:=B_{2}^{n} \cap F$ and $S_{F}:=S^{n-1} \cap F$.

The letters $c, c^{\prime}, c_{1}, c_{2}$ etc. denote absolute positive constants whose value may change from line to line. Whenever we write $a \simeq b$, we mean that there exist absolute constants $c_{1}, c_{2}>0$ such that $c_{1} a \leqslant b \leqslant c_{2} a$. Similarly, if $K, L \subseteq \mathbb{R}^{n}$ we will write $K \simeq L$ if there exist absolute constants $c_{1}, c_{2}>0$ such that $c_{1} K \subseteq$ $L \subseteq c_{2} K$. We also write $\bar{A}$ for the homothetic image of volume 1 of a convex body $A \subseteq \mathbb{R}^{n}$, i.e. $\bar{A}:=\frac{A}{|A|^{1 / n}}$.

A convex body is a compact convex subset $C$ of $\mathbb{R}^{n}$ with non-empty interior. We denote the class of convex bodies in $\mathbb{R}^{n}$ by $\mathcal{K}_{n}$. We say that $C$ is symmetric if $-x \in C$ whenever $x \in C$. We say that $C$ is centered if it has center of mass at the origin i.e. $\int_{C}\langle x, \theta\rangle d x=0$ for every $\theta \in S^{n-1}$. The support function $h_{C}: \mathbb{R}^{n} \rightarrow \mathbb{R}$ of $C$ is defined by $h_{C}(x)=\max \{\langle x, y\rangle: y \in C\}$. For each $-\infty<q<\infty, q \neq 0$, we define the $q$-mean width of $C$ by

$$
\begin{equation*}
w_{q}(C):=\left(\int_{S^{n-1}} h_{C}^{q}(\theta) \sigma(d \theta)\right)^{1 / q} \tag{2.1}
\end{equation*}
$$

The mean width of $C$ is the quantity $w(C)=w_{1}(C)$. The radius of $C$ is defined as $R(C)=\max \left\{\|x\|_{2}: x \in C\right\}$ and, if the origin is an interior point of $C$, the polar
body $C^{\circ}$ of $C$ is

$$
\begin{equation*}
C^{\circ}:=\left\{y \in \mathbb{R}^{n}:\langle x, y\rangle \leqslant 1 \text { for all } x \in C\right\} . \tag{2.2}
\end{equation*}
$$

A centered convex body $K$ in $\mathbb{R}^{n}$ is called isotropic if it has volume $|K|=1$ and there exists a constant $L_{K}>0$ such that

$$
\begin{equation*}
\int_{K}\langle x, \theta\rangle^{2} d x=L_{K}^{2} \tag{2.3}
\end{equation*}
$$

for every $\theta$ in the Euclidean unit sphere $S^{n-1}$. For every convex body $K$ in $\mathbb{R}^{n}$ there exists an affine transformation $T$ of $\mathbb{R}^{n}$ such that $T(K)$ is isotropic. Moreover, if we ignore orthogonal transformations, this isotropic image is unique, and hence, the isotropic constant $L_{K}$ is an invariant of the affine class of $K$. We refer to [23] and [10] for more information on isotropic convex bodies.

### 2.1 Quermaßintegrals

The relation between volume and the operations of addition and multiplication of convex bodies by nonnegative reals is described by Minkowski's fundamental theorem: If $K_{1}, \ldots, K_{m} \in \mathcal{K}_{n}, m \in \mathbb{N}$, then the volume of $t_{1} K_{1}+\cdots+t_{m} K_{m}$ is a homogeneous polynomial of degree $n$ in $t_{i} \geqslant 0$ :

$$
\begin{equation*}
\left|t_{1} K_{1}+\cdots+t_{m} K_{m}\right|=\sum_{1 \leqslant i_{1}, \ldots, i_{n} \leqslant m} V\left(K_{i_{1}}, \ldots, K_{i_{n}}\right) t_{i_{1}} \cdots t_{i_{n}} \tag{2.4}
\end{equation*}
$$

where the coefficients $V\left(K_{i_{1}}, \ldots, K_{i_{n}}\right)$ can be chosen to be invariant under permutations of their arguments. The coefficient $V\left(K_{i_{1}}, \ldots, K_{i_{n}}\right)$ is called the mixed volume of the $n$-tuple $\left(K_{i_{1}}, \ldots, K_{i_{n}}\right)$.

Steiner's formula is a special case of Minkowski's theorem; the volume of $K+$ $t B_{2}^{n}, t>0$, can be expanded as a polynomial in $t$ :

$$
\begin{equation*}
\left|K+t B_{2}^{n}\right|=\sum_{k=0}^{n}\binom{n}{k} W_{n-k}(K) t^{n-k} \tag{2.5}
\end{equation*}
$$

where $W_{n-k}(K):=V\left(K, k ; B_{2}^{n}, n-k\right)$ is the $(n-k)$-th quermaßintegral of $K$. It will be convenient for us to work with a normalized variant of $W_{n-k}(K)$ : for every $1 \leqslant k \leqslant n$ we set

$$
\begin{equation*}
Q_{k}(K)=\left(\frac{1}{\omega_{k}} \int_{G_{n, k}}\left|P_{F}(K)\right| d \nu_{n, k}(F)\right)^{1 / k} \tag{2.6}
\end{equation*}
$$

Note that $Q_{1}(K)=w(K)$. Kubota's integral formula

$$
\begin{equation*}
W_{n-k}(K)=\frac{\omega_{n}}{\omega_{k}} \int_{G_{n, k}}\left|P_{F}(K)\right| d \nu_{n, k}(F) \tag{2.7}
\end{equation*}
$$

shows that

$$
\begin{equation*}
Q_{k}(K)=\left(\frac{W_{n-k}(K)}{\omega_{n}}\right)^{1 / k} \tag{2.8}
\end{equation*}
$$

The Aleksandrov-Fenchel inequality states that if $K, L, K_{3}, \ldots, K_{n} \in \mathcal{K}_{n}$, then

$$
\begin{equation*}
V\left(K, L, K_{3}, \ldots, K_{n}\right)^{2} \geqslant V\left(K, K, K_{3}, \ldots, K_{n}\right) V\left(L, L, K_{3}, \ldots, K_{n}\right) \tag{2.9}
\end{equation*}
$$

This implies that the sequence $\left(W_{0}(K), \ldots, W_{n}(K)\right)$ is log-concave: we have

$$
\begin{equation*}
W_{j}^{k-i} \geqslant W_{i}^{k-j} W_{k}^{j-i} \tag{2.10}
\end{equation*}
$$

if $0 \leqslant i<j<k \leqslant n$. Taking into account (2.8) we conclude that $Q_{k}(K)$ is a decreasing function of $k$. For the theory of mixed volumes we refer to [30].

## $2.2 \quad L_{q}$-centroid bodies

Let $K$ be a convex body of volume 1 in $\mathbb{R}^{n}$. For every $q \geqslant 1$ and every $y \in \mathbb{R}^{n}$ we set

$$
\begin{equation*}
h_{Z_{q}(K)}(y):=\left(\int_{K}|\langle x, y\rangle|^{q} d x\right)^{1 / q} . \tag{2.11}
\end{equation*}
$$

The $L_{q}$-centroid body $Z_{q}(K)$ of $K$ is the centrally symmetric convex body with support function $h_{Z_{q}(K)}$. Note that $K$ is isotropic if and only if it is centered and $Z_{2}(K)=L_{K} B_{2}^{n}$. Also, if $T \in S L(n)$ then $Z_{q}(T(K))=T\left(Z_{q}(K)\right)$ for all $q \geqslant 1$. From Hölder's inequality it follows that $Z_{1}(K) \subseteq Z_{p}(K) \subseteq Z_{q}(K) \subseteq Z_{\infty}(K)$ for all $1 \leqslant p \leqslant q \leqslant \infty$, where $Z_{\infty}(K)=\operatorname{conv}(K,-K)$. Using Borell's lemma (see [24, Appendix III]), one can check that

$$
\begin{equation*}
Z_{q}(K) \subseteq c_{1} \frac{q}{p} Z_{p}(K) \tag{2.12}
\end{equation*}
$$

for all $1 \leqslant p<q$. In particular, if $K$ is isotropic, then $R\left(Z_{q}(K)\right) \leqslant c_{2} q L_{K}$. One can also check that if $K$ is centered, then $Z_{q}(K) \supseteq c_{3} K$ for all $q \geqslant n$ (a proof can be found in [25]). We will also use the fact that if $K$ is isotropic, then

$$
\begin{equation*}
K \subseteq(n+1) L_{K} B_{2}^{n} \tag{2.13}
\end{equation*}
$$

and hence

$$
\begin{equation*}
L_{K} B_{2}^{n}=Z_{2}(K) \subseteq Z_{q}(K) \subseteq Z_{\infty}(K) \subseteq(n+1) L_{K} B_{2}^{n} \tag{2.14}
\end{equation*}
$$

for all $q \geqslant 2$. A proof of the first assertion is given in [14], while the second one is clear from Hölder's inequality.

Let $C$ be a symmetric convex body in $\mathbb{R}^{n}$ and let $\|\cdot\|_{C}$ denote the norm induced on $\mathbb{R}^{n}$ by $C$. The parameter $k_{*}(C)$ is defined by

$$
\begin{equation*}
k_{*}(C)=n \frac{w(C)^{2}}{R(C)^{2}} . \tag{2.15}
\end{equation*}
$$

It is known that, up to an absolute constant, $k_{*}(C)$ is the largest positive integer $k \leqslant n$ with the property that $\frac{1}{2} w(C) B_{F} \subseteq P_{F}(C) \subseteq 2 w(C) B_{F}$ for most $F \in G_{n, k}$ (to be precise, with probability greater than $\frac{n}{n+k}$ ). The $q$-mean width $w_{q}(C)$ is equivalent to $w(C)$ as long as $q \leqslant k_{*}(C)$ : it is proved in [18] that, for every symmetric convex body $C$ in $\mathbb{R}^{n}$,
(i) If $1 \leqslant q \leqslant k_{*}(C)$ then $w(C) \leqslant w_{q}(C) \leqslant c_{4} w(C)$.
(ii) If $k_{*}(C) \leqslant q \leqslant n$ then $c_{5} \sqrt{q / n} R(C) \leqslant w_{q}(C) \leqslant c_{6} \sqrt{q / n} R(C)$.

Let $K$ be a centered convex body of volume 1 in $\mathbb{R}^{n}$. For every $q \in(-n, \infty)$, $q \neq 0$, we define

$$
\begin{equation*}
I_{q}(K):=\left(\int_{K}\|x\|_{2}^{q} d x\right)^{1 / q} \tag{2.16}
\end{equation*}
$$

In [26] and [27] it is proved that for every $1 \leqslant q \leqslant n / 2$,

$$
\begin{equation*}
I_{q}(K) \simeq \sqrt{n / q} w_{q}\left(Z_{q}(K)\right) \text { and } I_{-q}(K) \simeq \sqrt{n / q} w_{-q}\left(Z_{q}(K)\right) \tag{2.17}
\end{equation*}
$$

Paouris introduced in [26] the parameter $q_{*}(K)$ as follows:

$$
\begin{equation*}
q_{*}(K):=\max \left\{q \leqslant n: k_{*}\left(Z_{q}(K)\right) \geqslant q\right\} \tag{2.18}
\end{equation*}
$$

Then, the main result of [27] states that, for every centered convex body $K$ of volume 1 in $\mathbb{R}^{n}$, one has $I_{-q}(K) \simeq I_{q}(K)$ for every $1 \leqslant q \leqslant q_{*}(K)$. In particular, for all $q \leqslant q_{*}(K)$ one has $I_{q}(K) \leqslant c_{7} I_{2}(K)$. If $K$ is isotropic, one can check that $q_{*}(K) \geqslant c_{8} \sqrt{n}$, where $c_{8}>0$ is an absolute constant (for a proof, see [26]). Therefore,

$$
\begin{equation*}
I_{q}(K) \leqslant c_{9} \sqrt{n} L_{K} \text { for every } q \leqslant \sqrt{n} \tag{2.19}
\end{equation*}
$$

When $q \simeq q_{*}(K)$, the result of $[18]$ shows that $w\left(Z_{q}(K)\right) \simeq w_{q}\left(Z_{q}(K)\right)$. Then, the following useful estimate is a direct consequence of (2.19) and (2.17).

Fact 2.1. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. If $1 \leqslant q \leqslant q_{*}(K)$, then

$$
\begin{equation*}
w\left(Z_{q}(K)\right) \simeq w_{q}\left(Z_{q}(K)\right) \simeq \sqrt{q} L_{K} . \tag{2.20}
\end{equation*}
$$

In particular, this holds true for all $q \leqslant \sqrt{n}$.
Associated with any centered convex body $K \subset \mathbb{R}^{n}$ is a family of bodies which was introduced by Ball in [4] (see also [23]): to define them, let us consider a $k$ dimensional subspace $F$ of $\mathbb{R}^{n}$ and its orthogonal subspace $E$. For every $\phi \in F \backslash\{0\}$ we set $E^{+}(\phi)=\{x \in \operatorname{span}\{E, \phi\}:\langle x, \phi\rangle \geqslant 0\}$. Ball proved that, for every $q \geqslant 0$, the function

$$
\begin{equation*}
\phi \mapsto\|\phi\|_{2}^{1+\frac{q}{q+1}}\left(\int_{K \cap E^{+}(\phi)}\langle x, \phi\rangle^{q} d x\right)^{-\frac{1}{q+1}} \tag{2.21}
\end{equation*}
$$

is the gauge function of a convex body $B_{q}(K, F)$ on $F$. In this article, we will need some facts about the relation of the bodies $B_{q}(K, F)$ with the $L_{q}$-centroid bodies $Z_{q}(K)$ and their projections. If $K$ is a centered convex body of volume 1 in $\mathbb{R}^{n}$ and if $1 \leqslant k \leqslant n-1$ then, for every $F \in G_{n, k}$ and every $q \geqslant 1$, we have

$$
\begin{equation*}
P_{F}\left(Z_{q}(K)\right)=(k+q)^{1 / q}\left|B_{k+q-1}(K, F)\right|^{\frac{1}{k}+\frac{1}{q}} Z_{q}\left(\bar{B}_{k+q-1}(K, F)\right) . \tag{2.22}
\end{equation*}
$$

and

$$
\begin{equation*}
\left|B_{k+q-1}(K, F)\right|^{\frac{1}{k}+\frac{1}{q}} \leqslant \frac{e(k+q)}{k}\left(\frac{1}{k+q}\right)^{1 / q} \frac{1}{\left|K \cap F^{\perp}\right|^{1 / k}} \tag{2.23}
\end{equation*}
$$

Also, for every $F \in G_{n, k}$ and every $q \geqslant 1$,

$$
\begin{align*}
\frac{k}{e^{2}(k+q)} Z_{q}\left(\bar{B}_{k+1}(K, F)\right) & \subseteq Z_{q}\left(\bar{B}_{k+q-1}(K, F)\right)  \tag{2.24}\\
& \subseteq e^{2} \frac{k+q}{k} Z_{q}\left(\bar{B}_{k+1}(K, F)\right)
\end{align*}
$$

If $K$ is isotropic, then

$$
\begin{equation*}
L_{\bar{B}_{k+1}(K, F)} \simeq\left|K \cap F^{\perp}\right|^{1 / k} L_{K} \tag{2.25}
\end{equation*}
$$

For the proofs of these assertions we refer to [26] and [27].

## 3 Expectation of the Quermaßintegrals

In this Section we give the proof of Theorem 1.1. This will follow from the next proposition.

Proposition 3.1. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. If cn $\leqslant N \leqslant \exp (c n)$ then for every $1 \leqslant k \leqslant n$ we have

$$
\begin{equation*}
c_{1} \sqrt{n}\left|Z_{\log (N / n)}(K)\right|^{1 / n} \leqslant \mathbb{E}\left[Q_{k}\left(K_{N}\right)\right] \leqslant c_{2} w\left(Z_{\log N}(K)\right) \tag{3.1}
\end{equation*}
$$

where $c_{1}, c_{2}>0$ are absolute constants.
Proof. We first recall the precise statements of the main results from [9] on the asymptotic shape of a random polytope with $N$ vertices which are chosen independently and uniformly from an isotropic convex body.

Fact 3.2. Let $\beta \in(0,1 / 2]$ and $\gamma>1$. If $N \geqslant N(\gamma, n)=c \gamma n$, where $c>0$ is an absolute constant, then, for every isotropic convex body $K$ in $\mathbb{R}^{n}$ we have

$$
\begin{equation*}
K_{N} \supseteq c_{1} Z_{q}(K) \text { for all } q \leqslant c_{2} \beta \log (N / n), \tag{3.2}
\end{equation*}
$$

with probability greater than $1-f(\beta, N, n)$, where $f(\beta, N, n) \rightarrow 0$ exponentially fast as $n$ and $N$ increase.

The upper bound obtained in [9] for $f(\beta, N, n)$ is

$$
\begin{equation*}
f(\beta, N, n) \leqslant \exp \left(-c_{3} N^{1-\beta} n^{\beta}\right)+\mathbb{P}\left(\left\|\Gamma: \ell_{2}^{n} \rightarrow \ell_{2}^{N}\right\| \geqslant \gamma L_{K} \sqrt{N}\right) \tag{3.3}
\end{equation*}
$$

where $\Gamma: \ell_{2}^{n} \rightarrow \ell_{2}^{N}$ is the random operator $\Gamma(y)=\left(\left\langle x_{1}, y\right\rangle, \ldots\left\langle x_{N}, y\right\rangle\right)$ defined by the vertices $x_{1}, \ldots, x_{N}$ of $K_{N}$. There are several known bounds for this last probability (see, for example, [21] or [13]). The best known estimate can be extracted from [1, Theorem 3.13]: one has $\mathbb{P}\left(\left\|\Gamma: \ell_{2}^{n} \rightarrow \ell_{2}^{N}\right\| \geqslant \gamma L_{K} \sqrt{N}\right) \leqslant \exp \left(-c_{0} \gamma \sqrt{N}\right)$ for all $N \geqslant c \gamma n$. Assuming that $\beta \leqslant 1 / 2$, one gets

$$
\begin{equation*}
f(\beta, N, n) \leqslant \exp \left(-c_{4} \sqrt{n}\right) \tag{3.4}
\end{equation*}
$$

Since $Q_{k}(\cdot)$ is decreasing in $k$, we immediately get

$$
\begin{equation*}
\mathbb{E}\left[Q_{k}\left(K_{N}\right)\right] \geqslant \mathbb{E}\left[Q_{n}\left(K_{N}\right)\right]=\mathbb{E}\left(\frac{\left|K_{N}\right|}{\omega_{n}}\right)^{1 / n} \tag{3.5}
\end{equation*}
$$

Now, Fact 3.2 shows that

$$
\begin{equation*}
\mathbb{E}\left(\frac{\left|K_{N}\right|}{\omega_{n}}\right)^{1 / n} \geqslant c_{5}\left(\frac{\left|Z_{\log (N / n)}(K)\right|}{\omega_{n}}\right)^{1 / n} \tag{3.6}
\end{equation*}
$$

where $c_{5}>0$ is an absolute constant. Combining (3.5) and (3.6) we get the left hand side inequality in (3.1).

We now turn our attention to the opposite direction. Let $N \geqslant n$. Observe that for every $\alpha>0$ and $\theta \in S^{n-1}$, Markov's inequality shows that

$$
\begin{equation*}
\mathbb{P}(\alpha, \theta):=\mathbb{P}\left(\left\{x \in K:|\langle x, \theta\rangle| \geqslant \alpha\|\langle\cdot, \theta\rangle\|_{q}\right\}\right) \leqslant \alpha^{-q}, \tag{3.7}
\end{equation*}
$$

and hence,

$$
\begin{align*}
\mathbb{P}\left(h_{K_{N}}(\theta) \geqslant \alpha h_{Z_{q}(K)}(\theta)\right) & =\mathbb{P}\left(\max _{j \leqslant N}\left|\left\langle x_{j}, \theta\right\rangle\right| \geqslant \alpha\|\langle\cdot, \theta\rangle\|_{q}\right)  \tag{3.8}\\
& \leqslant N \mathbb{P}(\alpha, \theta) \leqslant N \alpha^{-q} .
\end{align*}
$$

Then, a standard application of Fubini's theorem shows that, for every $\alpha>1$ one has

$$
\begin{equation*}
\mathbb{E}\left[\sigma\left(\theta: h_{K_{N}}(\theta) \geqslant \alpha h_{Z_{q}(K)}(\theta)\right)\right] \leqslant N \alpha^{-q} . \tag{3.9}
\end{equation*}
$$

Using the fact that $h_{K_{N}}(\theta) \leqslant h_{Z_{\infty}(K)}(\theta) \leqslant c_{6} n L_{K}$, which follows from (2.14), we write

$$
\begin{equation*}
w\left(K_{N}\right) \leqslant \int_{A_{N}} h_{K_{N}}(\theta) d \sigma(\theta)+c_{6} \sigma\left(A_{N}^{c}\right) n L_{K} \tag{3.10}
\end{equation*}
$$

where $A_{N}=\left\{\theta: h_{K_{N}}(\theta) \leqslant \alpha h_{Z_{q}(K)}(\theta)\right\}$. Then,

$$
\begin{equation*}
w\left(K_{N}\right) \leqslant \alpha \int_{A_{N}} h_{Z_{q}(K)}(\theta) d \sigma(\theta)+c_{6} \sigma\left(A_{N}^{c}\right) n L_{K} \tag{3.11}
\end{equation*}
$$

and hence, by (3.9),

$$
\begin{equation*}
\mathbb{E}\left[w\left(K_{N}\right)\right] \leqslant \alpha w\left(Z_{q}(K)\right)+c_{6} N n \alpha^{-q} L_{K} \tag{3.12}
\end{equation*}
$$

Since $w\left(Z_{q}(K)\right) \geqslant w\left(Z_{2}(K)\right)=L_{K}$, we get

$$
\begin{equation*}
\mathbb{E}\left[w\left(K_{N}\right)\right] \leqslant\left(\alpha+c_{6} N n \alpha^{-q}\right) w\left(Z_{q}(K)\right) \tag{3.13}
\end{equation*}
$$

Choosing $\alpha=e$ and $q=2 \log N$ we see that

$$
\begin{equation*}
\mathbb{E}\left[Q_{1}\left(K_{N}\right)\right]=\mathbb{E}\left[w\left(K_{N}\right)\right] \leqslant c_{7} w\left(Z_{2 \log N}(K)\right) \leqslant c_{8} w\left(Z_{q}(K)\right) \tag{3.14}
\end{equation*}
$$

for all $q \geqslant \log N$, taking into account the fact that $Z_{2 \log N}(K) \subseteq c Z_{\log N}(K) \subseteq$ $Z_{q}(K)$ by (2.12). Since $Q_{k}(K)$ is decreasing in $k$, we get

$$
\begin{equation*}
\mathbb{E}\left[Q_{k}\left(K_{N}\right)\right] \leqslant \mathbb{E}\left[Q_{1}\left(K_{N}\right)\right] \leqslant c_{9} w\left(Z_{\log N}(K)\right), \tag{3.15}
\end{equation*}
$$

for all $1 \leqslant k \leqslant n$, where $c_{9}>0$ is an absolute constant. This completes the proof of the proposition.

For the proof of Theorem 1.1 we combine Proposition 3.1 with the known bounds for $\left|Z_{q}(K)\right|$; the first one follows from the results of [26] and [15], while the second one was obtained in [20].

Fact 3.3. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. If $1 \leqslant q \leqslant \sqrt{n}$ then

$$
\begin{equation*}
\left|Z_{q}(K)\right|^{1 / n} \simeq \sqrt{q / n} L_{K} \tag{3.16}
\end{equation*}
$$

while if $\sqrt{n} \leqslant q \leqslant n$ then

$$
\begin{equation*}
c_{9} \sqrt{q / n} \leqslant\left|Z_{q}(K)\right|^{1 / n} \leqslant c_{10} \sqrt{q / n} L_{K} . \tag{3.17}
\end{equation*}
$$

Proof of Theorem 1.1. We first assume that $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$. From (3.16) we have

$$
\begin{equation*}
\left|Z_{\log N}(K)\right|^{1 / n} \geqslant c_{11} \sqrt{\log N / n} L_{K}, \tag{3.18}
\end{equation*}
$$

and from Fact 2.1 we have

$$
\begin{equation*}
w\left(Z_{\log N}(K)\right) \leqslant c_{12} \sqrt{\log N} L_{K} . \tag{3.19}
\end{equation*}
$$

Therefore, (3.1) takes the form

$$
\begin{equation*}
\mathbb{E}\left[Q_{k}\left(K_{N}\right)\right] \simeq \sqrt{\log N} L_{K} \tag{3.20}
\end{equation*}
$$

as claimed. In the case $\exp (\sqrt{n}) \leqslant N \leqslant \exp (c n)$, we use (3.1) and the left hand side inequality from (3.17). It follows that

$$
\begin{equation*}
c_{13} \sqrt{\log N} \leqslant \mathbb{E}\left[Q_{k}\left(K_{N}\right)\right] \leqslant c_{2} w\left(Z_{\log N}(K)\right) \tag{3.21}
\end{equation*}
$$

for every $1 \leqslant k \leqslant n$, and the proof is complete.

## 4 The range $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$

Next, we prove Theorem 1.2 on the quermaßintegrals of a random $K_{N}$ in the range $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$. The precise statement is the following.
Theorem 4.1. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. If $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$ then a random $K_{N}$ satisfies, with probability greater than $1-N^{-1}$,

$$
\begin{equation*}
Q_{k}\left(K_{N}\right) \leqslant c_{1} L_{K} \sqrt{\log N} \tag{4.1}
\end{equation*}
$$

for all $1 \leqslant k \leqslant n$ and, with probability greater than $1-\exp (-\sqrt{n})$,

$$
\begin{equation*}
Q_{k}\left(K_{N}\right) \geqslant c_{2} L_{K} \sqrt{\log N} \tag{4.2}
\end{equation*}
$$

for all $1 \leqslant k \leqslant n$, where $c_{1}, c_{2}>0$ are absolute constants.
Proof. Let $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$. For the proof of (4.2) recall that, with probability greater than $1-\exp (-\sqrt{n})$ a random $K_{N}$ contains $c_{3} Z_{\log N}(K)$. Then, using (3.5), (3.6) and the volume estimate from Fact 3.3 we see that any such $K_{N}$ satisfies

$$
\begin{equation*}
Q_{k}\left(K_{N}\right) \geqslant Q_{n}\left(K_{N}\right) \geqslant c_{3} \sqrt{n}\left|Z_{\log N}(K)\right|^{1 / n} \geqslant c_{4} L_{K} \sqrt{\log N} \tag{4.3}
\end{equation*}
$$

for all $1 \leqslant k \leqslant n$.
For the proof of (4.1) we need two Lemmas.
Lemma 4.2. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. For every $n^{2} \leqslant N \leqslant$ $\exp (c n)$ and for every $q \geqslant \log N$ and $r \geqslant 1$, we have

$$
\begin{equation*}
\int_{S^{n-1}} \frac{h_{K_{N}}^{q}(\theta)}{h_{Z_{q}(K)}^{q}(\theta)} d \sigma(\theta) \leqslant\left(c_{1} r\right)^{q} \tag{4.4}
\end{equation*}
$$

with probability greater than $1-r^{-q}$, where $c_{1}>0$ is an absolute constant.
Proof. We have assumed that $K$ is isotropic and hence, from (2.14) and (2.14), we have that $K_{N} \subseteq \operatorname{conv}(K,-K) \subseteq(n+1) L_{K} B_{2}^{n}$ and $Z_{q}(K) \supseteq Z_{2}(K)=L_{K} B_{2}^{n}$. This implies that $h_{K_{N}}(\theta) \leqslant(n+1) h_{Z_{q}(K)}(\theta)$ for all $\theta \in S^{n-1}$. We write

$$
\begin{align*}
\int_{S^{n-1}} \frac{h_{K_{N}}(\theta)^{q}}{h_{Z_{q}(K)}(\theta)^{q}} & d \sigma(\theta) \\
& =\int_{0}^{n+1} q t^{q-1} \sigma\left(\theta: h_{K_{N}}(\theta) \geqslant t h_{Z_{q}(K)}(\theta)\right) d t \tag{4.5}
\end{align*}
$$

We fix $\alpha>1$ (to be chosen) and estimate the expectation over $K^{N}$ : using (3.9) we get

$$
\begin{align*}
\mathbb{E}\left(\int_{S^{n-1}} \frac{h_{K_{N}}(\theta)^{q}}{h_{Z_{q}(K)}(\theta)^{q}} d \sigma(\theta)\right) & \leqslant \alpha^{q}+\int_{\alpha}^{n+1} q t^{q-1} N t^{-q} d t  \tag{4.6}\\
& \leqslant \alpha^{q}+q N \log \left(\frac{n+1}{\alpha}\right)
\end{align*}
$$

We choose $\alpha=e$; if $q \geqslant \log N$, then

$$
\begin{equation*}
\mathbb{E}\left(\int_{S^{n-1}} \frac{h_{K_{N}}(\theta)^{q}}{h_{Z_{q}(K)}(\theta)^{q}} d \sigma(\theta)\right) \leqslant c_{1}^{q} \tag{4.7}
\end{equation*}
$$

for some absolute constant $c_{1}>0$. Markov's inequality shows that, for every $r \geqslant 1$,

$$
\begin{equation*}
\int_{S^{n-1}} \frac{h_{K_{N}}(\theta)^{q}}{h_{Z_{q}(K)}(\theta)^{q}} d \sigma(\theta) \leqslant\left(c_{1} r\right)^{q} \tag{4.8}
\end{equation*}
$$

with probability greater than $1-r^{-q}$.
Lemma 4.3. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$. For every $n^{2} \leqslant N \leqslant$ $\exp (c n)$ and for every $q \geqslant \log N$ and $r \geqslant 1$, we have

$$
\begin{equation*}
w\left(K_{N}\right) \leqslant c_{1} r w_{q}\left(Z_{q}(K)\right) \tag{4.9}
\end{equation*}
$$

with probability greater than $1-r^{-q}$.
Proof. Using Hölder's inequality and the Cauchy-Schwarz inequality, we write

$$
\begin{align*}
{\left[w\left(K_{N}\right)\right]^{q} } & \leqslant\left(\int_{S^{n-1}} h_{K_{N}}(\theta)^{q / 2} d \sigma(\theta)\right)^{2}  \tag{4.10}\\
& \leqslant\left[w_{q}\left(Z_{q}(K)\right)\right]^{q} \int_{S^{n-1}} \frac{h_{K_{N}}(\theta)^{q}}{h_{Z_{q}(K)}(\theta)^{q}} d \sigma(\theta) .
\end{align*}
$$

Lemma 4.2 shows that if $q \geqslant \log N$ and $r \geqslant 1$, then

$$
\begin{equation*}
\int_{S^{n-1}} \frac{h_{K_{N}}(\theta)^{q}}{h_{Z_{q}(K)}(\theta)^{q}} d \sigma(\theta) \leqslant\left(c_{1} r\right)^{q} \tag{4.11}
\end{equation*}
$$

and hence

$$
\begin{equation*}
w\left(K_{N}\right) \leqslant c_{1} r w_{q}\left(Z_{q}(K)\right) \tag{4.12}
\end{equation*}
$$

with probability greater than $1-r^{-q}$.
We can now prove (4.1): we have assumed that $\log N \lesssim \sqrt{n}$. We choose $q=\log N$ and $r=e$. Then, Lemma 4.3 and Fact 2.1 show that

$$
\begin{equation*}
w\left(K_{N}\right) \leqslant c w_{\log N}\left(Z_{\log N}(K)\right) \simeq w\left(Z_{\log N}(K)\right) \leqslant c_{1} L_{K} \sqrt{\log N} \tag{4.13}
\end{equation*}
$$

with probability greater than $1-N^{-1}$. Since $Q_{k}\left(K_{N}\right) \leqslant w\left(K_{N}\right)$ for all $1 \leqslant k \leqslant n$, the proof is complete.

Note. Theorem 1.2 and Fact 3.2 show that if $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$ then a random $K_{N}$ has - with probability greater than $1-N^{-1}$ - the next two properties:
(P1) $K_{N} \supseteq c_{1} Z_{\log N}(K)$ and
(P2) $Q_{k}\left(K_{N}\right) \simeq L_{K} \sqrt{\log N}$ for all $1 \leqslant k \leqslant n$.
In the next two subsections we derive the two claims of Theorem 1.3 from (P1) and (P2).

### 4.1 Regularity of the covering numbers

Recall that if $K$ and $L$ are nonempty sets in $\mathbb{R}^{n}$, then the covering number $N(K, L)$ of $K$ by $L$ is defined to be the smallest number of translates of $L$ whose union covers $K$. If $K$ is a convex body and $L$ is a symmetric convex body in $\mathbb{R}^{n}$ then a standard volume argument shows that

$$
\begin{equation*}
2^{-n} \frac{|K+L|}{|L|} \leqslant N(K, L) \leqslant 2^{n} \frac{|K+L|}{|L|} . \tag{4.14}
\end{equation*}
$$

The next Proposition concerns the covering numbers of a random $K_{N}$ by multiples of the Euclidean unit ball; in particular, it provides a proof for Theorem 1.3 (i).

Proposition 4.4. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$ and let $n^{2} \leqslant N \leqslant$ $\exp (\sqrt{n})$. Then, a random $K_{N}$ satisfies the entropy estimate

$$
\begin{equation*}
\log N\left(K_{N}, c_{1} \varepsilon L_{K} \sqrt{\log N} B_{2}^{n}\right) \leqslant c_{2} n \min \left\{\log \left(1+\frac{c_{3}}{\varepsilon}\right), \frac{1}{\varepsilon^{2}}\right\} \tag{4.15}
\end{equation*}
$$

for every $\varepsilon>0$, where $c_{1}, c_{2}, c_{3}>0$ are absolute constants. Moreover, if $0<\varepsilon \leq 1$ we have that

$$
\begin{equation*}
c_{4} n \log \frac{c_{5}}{\varepsilon} \leqslant \log N\left(K_{N}, c_{6} \varepsilon L_{K} \sqrt{\log N} B_{2}^{n}\right) \leqslant c_{7} n \log \frac{c_{8}}{\varepsilon}, \tag{4.16}
\end{equation*}
$$

for suitable absolute constants $c_{i}, i=4, \ldots, 8$.
Proof. We will give estimates for the covering numbers $N\left(K_{N}, \varepsilon r_{n, N} B_{2}^{n}\right)$, where $K_{N}$ satisfies (P1) and (P2), and

$$
\begin{equation*}
r_{n, N}:=\left(\frac{\left|K_{N}\right|}{\omega_{n}}\right)^{1 / n} \simeq L_{K} \sqrt{\log N} \tag{4.17}
\end{equation*}
$$

is the volume radius of $K_{N}$. Using the right hand side inequality of (4.14), we write

$$
\begin{equation*}
N\left(K_{N}, \varepsilon r_{n, N} B_{2}^{n}\right) \leqslant 2^{n} \frac{\left|\frac{1}{\varepsilon r_{n, N}} K_{N}+B_{2}^{n}\right|}{\omega_{n}} . \tag{4.18}
\end{equation*}
$$

Now, by Steiner's formula,

$$
\begin{equation*}
\frac{\left|\frac{1}{\varepsilon r_{n, N}} K_{N}+B_{2}^{n}\right|}{\omega_{n}}=\sum_{k=0}^{n}\binom{n}{k} Q_{k}^{k}\left(K_{N}\right) \frac{1}{\varepsilon^{k} r_{n, N}^{k}} . \tag{4.19}
\end{equation*}
$$

and, using the fact that $Q_{k}\left(K_{N}\right) \simeq r_{n, N}$ by (P2), we get

$$
\begin{equation*}
\frac{\left|\frac{1}{\varepsilon r_{n, N}} K_{N}+B_{2}^{n}\right|}{\omega_{n}} \leqslant \sum_{k=0}^{n}\binom{n}{k}\left(\frac{c}{\varepsilon}\right)^{k}=\left(1+\frac{c}{\varepsilon}\right)^{n} . \tag{4.20}
\end{equation*}
$$

Going back to (4.18) we see that

$$
\begin{equation*}
\log N\left(K_{N}, \varepsilon r_{n, N} B_{2}^{n}\right) \leqslant c_{1} n \log \left(1+\frac{c_{2}}{\varepsilon}\right) \tag{4.21}
\end{equation*}
$$

for suitable absolute constants $c_{1}, c_{2}>0$. A second upper bound can be given by Sudakov's inequality $\log N\left(K, t B_{2}^{n}\right) \leqslant c n w^{2}(K) / t^{2}$ (see e.g. [28]). Since $w\left(K_{N}\right) \simeq$ $r_{n, N}$, we immediately get

$$
\begin{equation*}
\log N\left(K_{N}, \varepsilon r_{n, N} B_{2}^{n}\right) \leqslant \frac{c n}{\varepsilon^{2}} \tag{4.22}
\end{equation*}
$$

for all $\varepsilon>0$. This proves (4.15).
A lower bound on the covering numbers can also be obtained for the case where $0<\varepsilon \leq 1$. For this we can use the lower bound on the volume of $K_{N}$ from equation (1.7) or (1.8) depending on whether $\log N \leq \sqrt{n}$ or not. For example, in the case where the latter inequality holds we have

$$
\begin{equation*}
N\left(K_{N}, \varepsilon r_{n, N} B_{2}^{n}\right)^{1 / n} \geq\left(\frac{\left|K_{N}\right|}{\left|\varepsilon r_{n, N} B_{2}^{n}\right|}\right)^{1 / n}=\frac{1}{\varepsilon} \tag{4.23}
\end{equation*}
$$

Hence, $\log N\left(K_{N}, \varepsilon r_{n, N} B_{2}^{n}\right) \geq n \log (1 / \varepsilon)$.

### 4.2 Random projections of $\boldsymbol{K}_{\boldsymbol{N}}$

Next, we show that if $K_{N}$ has properties (P1) and (P2) then the volume radius of a random projection $P_{F}\left(K_{N}\right)$ onto $F \in G_{n, k}$ is completely determined by $n, k$ and $N$; this is the content of Theorem 1.3 (ii).

Proposition 4.5. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$ and let $n^{2} \leqslant N \leqslant$ $\exp (\sqrt{n})$. Then, a random $K_{N}$ satisfies with probability greater than $1-N^{-1}$ the following: for every $1 \leqslant k \leqslant n$,

$$
\begin{equation*}
\left(\frac{\left|P_{F}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \simeq L_{K} \sqrt{\log N} \tag{4.24}
\end{equation*}
$$

with probability greater than $1-e^{-c k}$ with respect to the Haar measure $\nu_{n, k}$ on $G_{n, k}$.
Proof. The upper bound is a corollary of Theorem 1.2. We know that if $\log N \leqslant \sqrt{n}$ then $K_{N}$ satisfies (P2) with probability greater than $1-N^{-1}$; in particular,

$$
\begin{equation*}
Q_{k}\left(K_{N}\right)=\left(\frac{1}{\omega_{k}} \int_{G_{n, k}}\left|P_{F}\left(K_{N}\right)\right| d \nu_{n, k}(F)\right)^{1 / k} \lesssim L_{K} \sqrt{\log N} \tag{4.25}
\end{equation*}
$$

for all $1 \leqslant k \leqslant n$. Applying Markov's inequality we get the following.

Fact 4.6. If $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$ then $K_{N}$ satisfies, with probability greater than $1-N^{-1}$, the following: for every $1 \leqslant k \leqslant n$ and every $t \geqslant 1$,

$$
\begin{equation*}
\left(\frac{\left|P_{F}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \leqslant c_{1} t \sqrt{\log N} L_{K} \tag{4.26}
\end{equation*}
$$

with probability greater than $1-t^{-k}$ with respect to $\nu_{n, k}$.
For the lower bound we use (P1). Integrating in polar coordinates we have

$$
\begin{align*}
\int_{G_{n, k}} \frac{\left|P_{F}^{\circ}\left(K_{N}\right)\right|}{\omega_{k}} d \nu_{n, k}(F) & =\int_{G_{n, k}} \int_{S_{F}} \frac{1}{h_{P_{F}\left(K_{N}\right)}^{k}(\theta)} d \sigma_{F}(\theta) d \nu_{n, k}(F)  \tag{4.27}\\
& =\int_{G_{n, k}} \int_{S_{F}} \frac{1}{h_{K_{N}}^{k}(\theta)} d \sigma_{F}(\theta) d \nu_{n, k}(F) \\
& \leqslant\left(\int_{G_{n, k}} \int_{S_{F}} \frac{1}{h_{K_{N}}^{n}(\theta)} d \sigma_{F}(\theta) d \nu_{n, k}(F)\right)^{k / n} \\
& =\left(\int_{S^{n-1}} \frac{1}{h_{K_{N}}^{n}(\theta)} d \sigma(\theta)\right)^{k / n} \\
& =\left(\frac{\left|K_{N}^{\circ}\right|}{\omega_{n}}\right)^{k / n}
\end{align*}
$$

By the Blaschke-Santaló inequality and the inclusion $K_{N} \supseteq Z_{c_{2} \log N}(K)$, we get

$$
\begin{equation*}
\left(\frac{\left|K_{N}^{\circ}\right|}{\omega_{n}}\right)^{k / n} \leqslant\left(\frac{\omega_{n}}{\left|K_{N}\right|}\right)^{k / n} \leqslant\left(\frac{\omega_{n}}{\left|Z_{c_{2} \log N}(K)\right|}\right)^{k / n} \tag{4.28}
\end{equation*}
$$

Now, we use the fact that if $q \leqslant \sqrt{n}$ then $\left(\frac{\left|Z_{q}(K)\right|}{\omega_{n}}\right)^{1 / n} \geqslant c_{3} \sqrt{q} L_{K}$ to conclude that

$$
\begin{equation*}
\int_{G_{n, k}} \frac{\left|P_{F}^{\circ}\left(K_{N}\right)\right|}{\omega_{k}} d \nu_{n, k}(F) \leqslant\left(\frac{c_{4}}{\sqrt{\log N} L_{K}}\right)^{k} \tag{4.29}
\end{equation*}
$$

From Markov's inequality we obtain an upper bound for the volume radius of a random $P_{F}^{\circ}\left(K_{N}\right)$ and the reverse Santaló inequality shows the following.

Fact 4.7. If $n^{2} \leqslant N \leqslant \exp (\sqrt{n})$ then $K_{N}$ satisfies, with probability greater than $1-N^{-1}$, the following: for every $1 \leqslant k \leqslant n$ and every $t \geqslant 1$,

$$
\begin{equation*}
\left(\frac{\left|P_{F}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \geqslant \frac{c_{5} L_{K} \sqrt{\log N}}{t} \tag{4.30}
\end{equation*}
$$

with probability greater than $1-t^{-k}$ with respect to $\nu_{n, k}$.
Fact 4.6 and Fact 4.7 prove the Proposition.

Remark 4.8. Making use of [16, Proposition 3.1] one can actually prove that if $k \leqslant n / 4$ (or, more generally, $k \leqslant \lambda n$ for some $\lambda \in(0,1)$ ) then most $k$-dimensional projections of $K_{N}$ contain a ball of radius $L_{K} \sqrt{\log N}$ : one has

$$
\begin{equation*}
P_{F}\left(K_{N}\right) \supseteq \frac{c_{6}}{t} L_{K} \sqrt{\log N} B_{F} \tag{4.31}
\end{equation*}
$$

with probability greater than $1-t^{-k}$ with respect to $\nu_{n, k}$. This in turn shows that (4.30) is satisfied by $P_{F}\left(K_{N}\right)$. We omit the details.

### 4.3 Coordinate projections of $\boldsymbol{K}_{N}$

In this subsection we prove Theorem 1.4. The first claim of the Theorem is proved in the next Proposition: it gives an estimate on the size of the projection of a random $K_{N}$ onto a fixed subspace $F$ in $G_{n, k}$.

Proposition 4.9. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$ and let $1 \leqslant k \leqslant n$. For all $k<N \leqslant e^{k}$ and for every $F \in G_{n, k}$ we have

$$
\begin{equation*}
\left(\frac{\left|P_{F}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \leqslant c L_{K} \sqrt{\log N} \tag{4.32}
\end{equation*}
$$

with probability greater than $1-N^{-1}$.
Proof. Fix $F \in G_{n, k}$. Since $h_{P_{F}\left(Z_{q}(K)\right)}(\theta)=h_{Z_{q}(K)}(\theta)$ and $\left\langle P_{F}(x), \theta\right\rangle=\langle x, \theta\rangle$ for all $\theta \in S_{F}$ and all $x \in K$, arguing as in Lemma 4.2 we can show that if $q \geqslant \log N$ then a random $K_{N}$ satisfies

$$
\begin{equation*}
\int_{S_{F}} \frac{h_{P_{F}\left(K_{N}\right)}^{q}(\theta)}{h_{P_{F}\left(Z_{q}(K)\right)}^{q}(\theta)} d \sigma_{F}(\theta) \leqslant c_{1}^{q} \tag{4.33}
\end{equation*}
$$

Now, applying the Cauchy-Schwarz inequality we obtain

$$
\begin{aligned}
& {\left[w_{-q / 2}\left(P_{F}\left(Z_{q}(K)\right)\right)\right]^{-q}=\left(\int_{S_{F}} \frac{1}{h_{P_{F}\left(Z_{q}(K)\right)}^{q / 2}(\theta)} d \sigma_{F}(\theta)\right)^{2}} \\
& \quad \leqslant\left(\int_{S_{F}} \frac{1}{h_{P_{F}\left(K_{N}\right)}^{q}(\theta)} d \sigma_{F}(\theta)\right)\left(\int_{S_{F}} \frac{h_{P_{F}\left(K_{N}\right)}^{q}(\theta)}{h_{P_{F}\left(Z_{q}(K)\right)}^{q}} d \sigma_{F}(\theta)\right) \\
& \leqslant w_{-q}\left(P_{F}\left(K_{N}\right)\right)^{-q} c_{1}^{q}
\end{aligned}
$$

and hence, if $q \geqslant \log N$ we have

$$
\begin{equation*}
w_{-q}\left(P_{F}\left(K_{N}\right)\right) \leqslant c_{1} s w_{-q / 2}\left(P_{F}\left(Z_{q}(K)\right)\right) \tag{4.34}
\end{equation*}
$$

with probability greater than $1-s^{-q}$.

Assume that $q \leqslant k$. Using Hölder's inequality and taking polars in the subspace $F$, we get

$$
\begin{align*}
\left(\frac{\left|\left(P_{F}\left(K_{N}\right)\right)^{\circ}\right|}{\left|B_{2}^{k}\right|}\right)^{1 / k} & =\left(\int_{S_{F}} \frac{1}{h_{P_{F}\left(K_{N}\right)}^{k}(\theta)} d \sigma_{F}(\theta)\right)^{1 / k}  \tag{4.35}\\
& \geqslant\left(\int_{S_{F}} \frac{1}{h_{P_{F}\left(K_{N}\right)}^{q}(\theta)} d \sigma_{F}(\theta)\right)^{1 / q} \\
& =w_{-q}\left(P_{F}\left(K_{N}\right)\right)^{-1} .
\end{align*}
$$

Applying the Blaschke-Santaló inequality on $F$, we see that

$$
\begin{equation*}
\left|P_{F}\left(K_{N}\right)\right|^{1 / k} \leqslant \frac{c_{2}}{\sqrt{k}} w_{-q}\left(P_{F}\left(K_{N}\right)\right) \tag{4.36}
\end{equation*}
$$

for a suitable absolute constant $c_{2}>0$. Then, (4.34) shows that

$$
\begin{equation*}
\left|P_{F}\left(K_{N}\right)\right|^{1 / k} \leqslant \frac{c_{3} s}{\sqrt{k}} w_{-q / 2}\left(P_{F}\left(Z_{q}(K)\right)\right) \tag{4.37}
\end{equation*}
$$

with probability greater than $1-s^{-q}$ for $\log N \leqslant q \leqslant k$. From (2.22) we know that

$$
\begin{equation*}
P_{F}\left(Z_{q}(K)\right)=(k+q)^{1 / q}\left|B_{k+q-1}(K, F)\right|^{\frac{1}{k}+\frac{1}{q}} Z_{q}\left(\bar{B}_{k+q-1}(K, F)\right), \tag{4.38}
\end{equation*}
$$

and using (2.24) we get $Z_{q}\left(\bar{B}_{k+q-1}(K, F)\right) \subseteq c_{4} Z_{q / 2}\left(\bar{B}_{k+1}(K, F)\right)$ for a new absolute constant $c_{4}>0$. Hence, with probability greater than $1-s^{-q}$, if $\log N \leqslant q \leqslant k$ we get
(4.39) $\left|P_{F}\left(K_{N}\right)\right|^{1 / k} \leqslant \frac{c_{5} s}{\sqrt{k}}(k+q)^{\frac{1}{q}}\left|B_{k+q-1}(K, F)\right|^{\frac{1}{k}+\frac{1}{q}} w_{-\frac{q}{2}}\left(Z_{\frac{q}{2}}\left(\bar{B}_{k+1}(K, F)\right)\right)$.

But $\bar{B}_{k+1}(K, F)$ is easily checked to be isotropic, and from (2.17) and (2.19) we have

$$
\begin{align*}
w_{-q / 2}\left(Z_{q / 2}\left(\bar{B}_{k+1}(K, F)\right)\right) & \leqslant c_{6} \frac{\sqrt{q}}{\sqrt{k}} I_{-q / 2}\left(\bar{B}_{k+1}(K, F)\right)  \tag{4.40}\\
& \leqslant c_{7} \sqrt{q} L_{\bar{B}_{k+1}(K, F)}
\end{align*}
$$

From (2.23) and (2.25) we have

$$
\begin{equation*}
L_{\bar{B}_{k+1}(K, F)} \leqslant c_{8}\left|K \cap F^{\perp}\right|^{1 / k} L_{K} \tag{4.41}
\end{equation*}
$$

and

$$
\begin{equation*}
(k+q)^{1 / q}\left|B_{k+q-1}(K, F)\right|^{\frac{1}{k}+\frac{1}{k}}\left|K \cap F^{\perp}\right| \leqslant e \frac{k+q}{k} \leqslant 2 e \tag{4.42}
\end{equation*}
$$

for $q \leqslant k$. Going back to (4.39) we conclude that

$$
\begin{equation*}
\left|P_{F}\left(K_{N}\right)\right|^{1 / k} \leqslant c L_{K} \frac{\sqrt{q}}{\sqrt{k}} \tag{4.43}
\end{equation*}
$$

with probability greater than $1-s^{-q}$ for all $q$ satisfying $\log N \leqslant q \leqslant k$. Choosing $q=\log N$ for $N \leqslant e^{k}$ we get the result.

In the previous result, $F$ may be one of the $k$-dimensional coordinate subspaces of $\mathbb{R}^{n}$. Using a recent result from [2] we can get a uniform estimate of the same order on the size of all projections of a random $K_{N}$ onto $k$-dimensional coordinate subspaces of $\mathbb{R}^{n}$. This is the second claim of Theorem 1.4.

Proposition 4.10. Let $K$ be an isotropic convex body in $\mathbb{R}^{n}$ and let $1 \leqslant k \leqslant n$. For all $k<N \leqslant \exp \left(c_{1} \sqrt{k / \log k}\right)$, a random $K_{N}$ satisfies with probability greater than $1-\exp \left(-c_{2} \sqrt{k / \log k}\right)$ the following: for every $\sigma \subseteq\{1, \ldots, n\}$ with $|\sigma|=k$,

$$
\begin{equation*}
\left(\frac{\left|P_{\sigma}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \leqslant c_{3} L_{K} \log (e n / k) \sqrt{\log N} \tag{4.44}
\end{equation*}
$$

where $c_{i}>0$ are absolute constants.
Proof. Let $1 \leqslant k \leqslant n$. It is proved in [2, Theorem 1.1] that, for every $t \geqslant 1$,

$$
\begin{equation*}
\mathbb{P}\left(\max _{|\sigma|=k}\left\|P_{\sigma}(x)\right\|_{2} \geqslant c_{1} t L_{K} \sqrt{k} \log \left(\frac{e n}{k}\right)\right) \leqslant \exp \left(-\frac{t \sqrt{k} \log \left(\frac{e n}{k}\right)}{\sqrt{\log (e k)}}\right) \tag{4.45}
\end{equation*}
$$

Assume that $N \leqslant \exp \left(c_{2} \sqrt{k / \log k}\right)$. Then, with probability greater than $1-$ $\exp \left(-c_{3} \sqrt{k / \log k}\right)$, we have that $N$ random points $x_{1}, \ldots, x_{N}$ from $K$ satisfy the following: for every $\sigma \subseteq\{1, \ldots, n\}$ and for every $1 \leqslant i \leqslant N$,

$$
\begin{equation*}
\left\|P_{\sigma}\left(x_{i}\right)\right\|_{2} \leqslant c_{4} L_{K} \sqrt{k} \log \left(\frac{e n}{k}\right) \tag{4.46}
\end{equation*}
$$

Now, we recall a well-known volume bound that was obtained independently in [5], [8] and [12]: if $z_{1}, \ldots, z_{N} \in \mathbb{R}^{k}$ and $\max \left\|z_{i}\right\|_{2} \leqslant \alpha$, then

$$
\begin{equation*}
\left|\operatorname{conv}\left(\left\{z_{1}, \ldots, z_{N}\right\}\right)\right|^{1 / k} \leqslant \frac{c_{5} \alpha \sqrt{\log N}}{k} \tag{4.47}
\end{equation*}
$$

In our case, this implies that, for every $\sigma$ with $|\sigma|=k$,

$$
\begin{equation*}
\left(\frac{\left|P_{\sigma}\left(K_{N}\right)\right|}{\omega_{k}}\right)^{1 / k} \leqslant c_{6} L_{K} \log (e n / k) \sqrt{\log N} \tag{4.48}
\end{equation*}
$$

as claimed.

## 5 Combinatorial dimension in the unconditional case

In this Section we assume that $K$ is an unconditional isotropic convex body in $\mathbb{R}^{n}$ : it is symmetric and the standard orthonormal basis $\left\{e_{1}, \ldots, e_{n}\right\}$ of $\mathbb{R}^{n}$ is a 1unconditional basis for $\|\cdot\|_{K}$ : for every choice of real numbers $t_{1}, \ldots, t_{n}$ and every
choice of signs $\varepsilon_{j}= \pm 1$,

$$
\begin{equation*}
\left\|\varepsilon_{1} t_{1} e_{1}+\cdots+\varepsilon_{n} t_{n} e_{n}\right\|_{K}=\left\|t_{1} e_{1}+\cdots+t_{n} e_{n}\right\|_{K} \tag{5.1}
\end{equation*}
$$

It is known that the isotropic constant of $K$ satisfies $L_{K} \simeq 1$. Moreover, Bobkov and Nazarov have proved that $K \supseteq c_{2} Q_{n}$, where $Q_{n}=\left[-\frac{1}{2}, \frac{1}{2}\right]^{n}$ (see [7]).

We will use the fact that the family of $L_{q}$-centroid bodies of the cube $Q_{n}$ is extremal for this class of convex bodies (the argument is due to R. Latała).
Lemma 5.1. Let $K$ be an isotropic unconditional convex body in $\mathbb{R}^{n}$. Then,

$$
\begin{equation*}
Z_{q}(K) \supseteq c Z_{q}\left(Q_{n}\right) \tag{5.2}
\end{equation*}
$$

for all $q \geq 1$, where $c>0$ is an absolute constant.
Proof. Let $\varepsilon_{1}, \varepsilon_{2}, \ldots, \varepsilon_{n}$ be independent and identically distributed $\pm 1$ random variables, defined on some probability space $(\Omega, \mathcal{F}, \mathbb{P})$, with distribution $\mathbb{P}\left(\varepsilon_{i}=\right.$ $1)=\mathbb{P}\left(\varepsilon_{i}=-1\right)=\frac{1}{2}$. For every $\theta \in S^{n-1}$, by the unconditionality of $K$, Jensen's inequality and the contraction principle, one has

$$
\begin{align*}
\|\langle\cdot, \theta\rangle\|_{L^{q}(K)} & =\left(\int_{K}\left|\sum_{i=1}^{n} \theta_{i} x_{i}\right|^{q} d x\right)^{1 / q}  \tag{5.3}\\
& =\left(\int_{\Omega} \int_{K}\left|\sum_{i=1}^{n} \theta_{i} \varepsilon_{i}\right| x_{i}| |^{q} d x d \mathbb{P}(\varepsilon)\right)^{1 / q} \\
& \geq\left(\int_{\Omega}\left|\sum_{i=1}^{n} \theta_{i} \varepsilon_{i} \int_{K}\right| x_{i}|d x|^{q} d \mathbb{P}(\varepsilon)\right)^{1 / q} \\
& \geq\left(\int_{\Omega}\left|\sum_{i=1}^{n} t_{i} \theta_{i} \varepsilon_{i}\right|^{q} d \mathbb{P}(\varepsilon)\right)^{1 / q} \\
& \geq\left(\int_{Q_{n}}\left|\sum_{i=1}^{n} t_{i} \theta_{i} y_{i}\right|^{q} d y\right)^{1 / q}=\|\langle\cdot,(t \theta)\rangle\|_{L^{q}\left(Q_{n}\right)}
\end{align*}
$$

where $t_{i}=\int_{K}\left|x_{i}\right| d x \simeq L_{K} \simeq 1$ and $t \theta=\left(t_{1} \theta_{1}, \ldots, t_{n} \theta_{n}\right)$. Recall that

$$
\begin{equation*}
\|\langle\cdot, \theta\rangle\|_{L^{q}\left(Q_{n}\right)} \simeq \sum_{j \leq q} \theta_{j}^{*}+\sqrt{q}\left(\sum_{q<j \leq n}\left(\theta_{j}^{*}\right)^{2}\right)^{1 / 2} \tag{5.4}
\end{equation*}
$$

(see [6]). Since $t_{i} \simeq 1$ for all $i=1, \ldots, n$, we get that

$$
\begin{equation*}
\|\langle\cdot, \theta\rangle\|_{L^{q}(K)} \geq\|\langle\cdot,(t \theta)\rangle\|_{L^{q}\left(Q_{n}\right)} \geq c\|\langle\cdot, \theta\rangle\|_{L^{q}\left(Q_{n}\right)} \tag{5.5}
\end{equation*}
$$

and this proves the lemma.
Since $Z_{q}\left(Q_{n}\right) \simeq \sqrt{q} B_{2}^{n} \cap Q_{n}$, from Fact 3.1 we immediately get the following.

Proposition 5.2. Let $K$ be an isotropic unconditional convex body in $\mathbb{R}^{n}$. If $c_{1} n \leqslant N \leqslant \exp \left(c_{2} n\right)$ and if $K_{N}=\operatorname{conv}\left\{x_{1}, \ldots, x_{N}\right\}$ is a random polytope spanned by $N$ independent random points $x_{1}, \ldots, x_{N}$ uniformly distributed in $K$, then for every $\sigma \subseteq\{1, \ldots, n\}$ we have

$$
\begin{equation*}
P_{\sigma}\left(K_{N}\right) \supseteq c_{1}\left(\sqrt{\log (N / n)} B_{\sigma} \cap Q_{\sigma}\right) \tag{5.6}
\end{equation*}
$$

with probability $1-o_{n}(1)$.
Proof of Theorem 1.5. Let $\varepsilon \in(0,1)$. For every $\sigma \subseteq\{1, \ldots, n\}$ with $|\sigma|=k$ we have $Q_{\sigma} \subseteq \sqrt{k} B_{\sigma}$, and hence

$$
\begin{equation*}
P_{\sigma}\left(K_{N}\right) \supseteq c_{1} \min \left\{\frac{\sqrt{\log (N / n)}}{\sqrt{k}}, 1\right\} Q_{\sigma} \supseteq \varepsilon Q_{\sigma} \tag{5.7}
\end{equation*}
$$

provided that

$$
\begin{equation*}
\varepsilon \leqslant \frac{c_{2} \sqrt{\log (N / n)}}{\sqrt{k}} \tag{5.8}
\end{equation*}
$$

This shows that

$$
\begin{equation*}
\mathrm{VC}\left(K_{N}, \varepsilon\right) \geqslant \min \left\{\frac{c_{3} \log (N / n)}{\varepsilon^{2}}, n\right\} \tag{5.9}
\end{equation*}
$$

which is the lower bound in Theorem 1.5.
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