Quasi-Optimality Constants for Parabolic Galerkin Approximation in Space

Francesca Tantardini and Andreas Veeser

Abstract We consider Galerkin approximation in space of linear parabolic initialboundary value problems where the elliptic operator is symmetric and thus induces an energy norm. For two related variational settings, we show that the quasioptimality constant equals the stability constant of the *L*²-projection with respect to that energy norm.

1 Introduction

A Galerkin method *S* for a variational problem is quasi-optimal in a norm $\|\cdot\|$ if there exists a constant *a* such that there exists a constant *q* such that

$$
\|u - U_S\| \le q \inf_v \|u - v\| \,,\tag{1}
$$

where u is any variational solution, U_S its associated Galerkin approximation and v varies in the discrete trial space. The quasi-optimality constant q_S is the best constant *q* in [\(1\)](#page-0-0), and thus measures how well the Galerkin method *S* exploits the approximation potential offered by the discrete trial space. The determination or estimation of q_S is therefore the ideal first step in an a priori error analysis.

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Here we are interested in Galerkin approximation in space for linear parabolic initial-boundary value problems like

$$
\partial_t u - \Delta u = f \text{ in } \Omega \times (0, T),
$$

$$
u = 0 \text{ on } \partial \Omega \times (0, T), \quad u(\cdot, 0) = w \text{ in } \Omega.
$$
 (2)

Whereas for the stationary case, i.e. elliptic problems, quasi-optimality results like Céa's lemma are very common, such results have been less explored for parabolic problems. A common assumption of such results is that the L^2 -projection onto the underlying discrete space is H^1 -stable; see, e.g., [\[4,](#page-8-0) [5,](#page-8-1) [7\]](#page-8-2), where the norm in [\(1\)](#page-0-0) is either the one of $H^1(H^{-1}) \cap L^2(H^1)$ or the one of $L^2(H^1)$. Recently, the authors [8] have clarified the role of this assumption by showing that it is also necessary [\[8\]](#page-8-3) have clarified the role of this assumption by showing that it is also necessary. This follows by applying the inf-sup theory $[2, 3]$ $[2, 3]$ $[2, 3]$ to two weak, essentially dual formulations: the standard weak formulation with trial space $H^1(H^{-1}) \cap L^2(H^1)$
and the ultra-weak formulation with trial space $L^2(H^1)$ and the ultra-weak formulation with trial space $L^2(H^1)$.

This short note underlines the close relationship between parabolic quasioptimality and the H^1 -stability of the L^2 -projection. It improves the results of [\[8\]](#page-8-3) in the special case of a time-independent symmetric elliptic operator. For the model problem [\(2\)](#page-1-0) and both variational formulations, this improvement reads as follows: the quasi-optimality constant of a Galerkin approximation with values in a discrete subspace *S* of H_0^1 is given by the operator norm in H_0^1 of the L^2 -projection onto *S*:

$$
q_{\text{std};S} = ||P_S||_{\mathscr{L}(H_0^1)} = q_{\text{ult};S}.
$$
\n(3)

2 Petrov-Galerkin Framework and Quasi-Optimality

This section, which is taken from [\[8\]](#page-8-3), provides the general framework for the derivation of our quasi-optimality results. Let $(H_1, \|\cdot\|_1)$ and $(H_2, \|\cdot\|_2)$ be two real
Hilbert spaces. The dual space H^* of H_2 is equipped with the usual dual norm Hilbert spaces. The dual space H_2^* of H_2 is equipped with the usual dual norm $\|\ell\|_{H^*_{\mathcal{I}}} = \sup_{\|\varphi\|_{2} = 1} \ell(\varphi)$ for $\ell \in H^*_{\mathcal{I}}$. Moreover, let *b* be a real-valued bounded bilinear form on $H \times H$, and set $C \to \text{supp}$ \mathcal{I} , \mathcal{I} , \mathcal{I} , \mathcal{I} and set \mathcal{I} , \mathcal{I} is bilinear form on $H_1 \times H_2$ and set $C_b := \sup_{\|v\|_1 = \| \varphi \|_2 = 1} |b(v, \varphi)|$. We consider the problem

given
$$
\ell \in H_2^*
$$
, find $u \in H_1$ such that $\forall \varphi \in H_2$ $b(u, \varphi) = \ell(\varphi)$ (4)

and say that it is well-posed if, for any $\ell \in H_2^*$, there exists a unique solution that continuously depends on ℓ . This holds if and only if there hold the following two continuously depends on ℓ . This holds if and only if there hold the following two conditions involving the so-called inf-sup constant c_b , cf. [\[3\]](#page-8-5):

$$
c_b := \inf_{\|v\|_1 = 1} \sup_{\|\varphi\|_2 = 1} b(v, \varphi) > 0 \quad \text{(uniqueness)}, \tag{5a}
$$

$$
\forall \varphi \in H_2 \setminus \{0\} \exists v \in H_1 \quad b(v, \varphi) > 0 \quad \text{(existence).} \tag{5b}
$$

If (5) is satisfied, we have the duality

$$
\inf_{\|v\|_1=1} \sup_{\|\varphi\|_2=1} b(v,\varphi) = \inf_{\|\varphi\|_2=1} \sup_{\|v\|_1=1} b(v,\varphi). \tag{6}
$$

For notational simplicity, we take the viewpoint that a Petrov-Galerkin method for problem [\(4\)](#page-1-2) is characterized by one pair of subspaces, instead of a family of pairs. Let $M_i \subset H_i$, $i = 1, 2$, be nontrivial and proper subspaces. The Petrov-Galerkin method $M = (M_1, M_2)$ for [\(4\)](#page-1-2) reads

given
$$
\ell \in H_2^*
$$
, find $U_M \in M_1$ such that $\forall \varphi \in M_2$ $b(U_M, \varphi) = \ell(\varphi)$. (7)

Problem [\(7\)](#page-2-0) is well-posed if and only if there hold the semidiscrete counterparts of [\(5\)](#page-1-1), involving the semidiscrete inf-sup constant *cM*:

$$
c_M := \inf_{v \in M_1: ||v||_1 = 1} \sup_{\varphi \in M_2: ||\varphi||_2 = 1} b(v, \varphi) > 0,
$$

$$
\forall \varphi \in M_2 \setminus \{0\} \exists v \in M_1 \quad b(v, \varphi) > 0.
$$

A method *M* is quasi-optimal if there exists a constant $q \ge 1$ such that, for any $\ell \in H_2^*$, there holds

$$
||u - U_M||_1 \le q \inf_{v \in M_1} ||u - v||_1.
$$
 (8)

The quasi-optimality constant q_M of the method *M* is the smallest constant verifying [\(8\)](#page-2-1). The formula for q_M in [\[8,](#page-8-3) Theorem 2.1] or combining [\[2,](#page-8-4) [3\]](#page-8-5) with [\[9\]](#page-8-6) imply

$$
\frac{c_b}{c_M} \le q_M \le \frac{C_b}{c_M}.\tag{9}
$$

3 Two Weak Formulations of Linear Parabolic Problems

In order to cast parabolic initial-boundary value problems in the form (4) , we briefly recall two suitable weak formulations thereof.

Let *V* and *W* be two separable Hilbert spaces such that $V \subset W \subset V^*$ forms a Hilbert triplet. The scalar product in *W* as well as the duality pairing of $V^* \times V$ is denoted by $\langle \cdot, \cdot \rangle$. The norms are indicated by $\|\cdot\|_V$, $\|\cdot\|_W$, and $\|\cdot\|_{V^*} =$ $\sup_{\|v\|_V=1} \langle v, v \rangle.$

Let $A \in \mathcal{L}(V, V^*)$ be a linear and continuous operator arising from a symmetric bilinear form *a* via $\langle Av, \varphi \rangle = a(v, \varphi)$. We assume that *a* is bounded and coercive, i.e.

$$
\nu_a := \inf_{\|v\|_V = 1} a(v, v) > 0, \quad C_a := \sup_{\|v\|_V = \|\varphi\|_V = 1} a(v, \varphi) < \infty.
$$
 (10)

In view of [\(10\)](#page-3-0) and the symmetry of *a*, the energy norm $||\cdot||_a = \langle A \cdot, \cdot \rangle^{1/2}$ and the dual energy norm $||\cdot||_{a^*} := \sup_{||\phi||_a = 1} \langle \cdot, \phi \rangle$ are equivalent to $||\cdot||_V$ and $||\cdot||_{V^*}$, respectively. Moreover for every $\$, $\cdot \rangle^{1/2}$ and
and $\|.\|$ respectively. Moreover, for every $\ell \in V^*$ we have

$$
\|\ell\|_{a;\ast} = \sup_{\|\varphi\|_a = 1} \langle A\varphi, A^{-1}\ell \rangle = \|A^{-1}\ell\|_a = \sqrt{\langle \ell, A^{-1}\ell \rangle}.
$$
 (11)

Finally, given a final time $T > 0$ and a Hilbert space *X*, we set $I := (0, T)$ and denote with $L^2(X) := L^2(I;X)$ the space of all Lebesgue-measurable and squareintegrable functions of the form $I \rightarrow X$. In addition, if *Y* is another Hilbert space, we set $H^1(X, Y) := \{ v \in L^2(X) \mid v' \in L^2(Y) \}$ and write $H^1(X)$ for $H^1(X, X)$.

3.1 Standard Weak Formulation

The standard weak formulation is very common, also for some nonlinear parabolic problems. In the above setting, it reads

given
$$
f \in L^2(V^*)
$$
 and $w \in W$, find $u \in H^1(V, V^*)$ such that
\n
$$
u' + Au = f
$$
 in $I, \quad u(0) = w$ \n(12)

and can be cast in the form [\(4\)](#page-1-2) by choosing $H_1 = H^1(V, V^*)$ and $H_2 = \{ \varphi =$ $(\varphi_0, \varphi_1) | \varphi_0 \in W, \varphi_1 \in L^2(V)$ with norms

$$
\|v\|_{1}^{2} = \|v(T)\|_{W}^{2} + \int_{I} \|v\|_{a}^{2} + \|v'\|_{a,*}^{2}, \quad \|\varphi\|_{2}^{2} = \|\varphi_{0}\|_{W}^{2} + \int_{I} \|\varphi_{1}\|_{a}^{2}.
$$
 (13)

Bilinear form and right-hand side are given, respectively, by

$$
b(v, \varphi) = b_{std}(A; v, \varphi) := \langle v(0), \varphi_0 \rangle + \int_I \langle v', \varphi_1 \rangle + \langle Av, \varphi_1 \rangle \tag{14}
$$

and $\ell(\varphi) = \langle w, \varphi_0 \rangle + \int_I \langle f, \varphi_1 \rangle$. We denote the constants of *b*_{std} by *C*_{std} etc.
The norm ltdl, in (13) slightly differs from the corresponding definition

The norm $|| \cdot ||_1$ in [\(13\)](#page-3-1) slightly differs from the corresponding definition in [\[8\]](#page-8-3)
rause it involves $v(T)$ instead of $v(0)$. This modification offers the following because it involves $v(T)$ instead of $v(0)$. This modification offers the following advantage, which was already observed in $[1]$: the norms in (13) mimic the energy

norm for a linear elliptic problem in that the operator $v \mapsto b(v, \cdot)$ is an isometry. We
provide a proof because its arguments will be used in what follows provide a proof because its arguments will be used in what follows.

Proposition 1 (Isometry) For every $v \in H_1$, we have $||b(v, \cdot)||_{H_2^*} = ||v||_1$.

Proof In view of $\int_I \langle v', v \rangle = ||v(T)||_W^2 - ||v(0)||_W^2$, the symmetry of *A* and [\(11\)](#page-3-2), we have the identity have the identity

$$
||v(0)||_{W}^{2} + \int_{I} ||A^{-1}v' + v||_{a}^{2} = ||v(T)||_{W}^{2} + \int_{I} ||A^{-1}v'||_{a}^{2} + ||v||_{a}^{2} = ||v||_{1}^{2}
$$
 (15)

for every $v \in H_1$. On the one hand, this gives, for every $v \in H_1$, $\varphi \in H_2$,

$$
b(v, \varphi) = \langle v(0), \varphi_0 \rangle + \int_I \langle v', \varphi_1 \rangle + \langle Av, \varphi_1 \rangle
$$

$$
\leq \left(\|v(0)\|_W^2 + \int_I \|A^{-1}v' + v\|_a^2 \right)^{1/2} \|\varphi\|_2 = \|v\|_1 \|\varphi\|_2,
$$

which implies $||b(v, \cdot)||_{H_2^*} \le ||v||_1$. On the other hand, choosing

$$
\varphi_0 = v(0), \qquad \varphi_1 = v' + A^{-1}v \tag{16}
$$

and using again [\(15\)](#page-4-0), we get $\|\varphi\|_2 = \|v\|_1$ and

$$
b(v, \varphi) = ||v(0)||_{W}^{2} + \int_{I} \langle v', v \rangle + \langle v', A^{-1}v \rangle + \langle Av, v \rangle = ||v||_{1}^{2}.
$$

Hence, $||b(v, \cdot)||_{H_2^*}$ $\mathbb{Z}_2^* \geq \|v\|_1.$

Corollary 2 (Standard bilinear form) *The bilinear form b in* [\(14\)](#page-3-3) *is continuous and satisfies the inf-sup condition with* $C_{\text{std}} = c_{\text{std}} = 1$ *.*

Proof The equalities follow readily from Proposition [1.](#page-4-1) The proof of the non-degeneracy condition [\(5b\)](#page-1-3) can be found in [\[8,](#page-8-3) Prop. 3.1].

3.2 Ultra-Weak Formulation

Discontinuous Galerkin methods, applications in optimization and stochastic PDEs motivate to consider solution notions with less regularity in time. In order to obtain such a solution notion for (12) , one may multiply the differential equation with a test function

$$
\varphi \in H_T^1(V, V^*) := \{ \varphi \in L^2(I; V) \mid \varphi' \in L^2(I, V^*), \varphi(T) = 0 \},
$$

integrate in time and by parts. This results in the ultra-weak formulation, which can be cast in the form [\(4\)](#page-1-2) by choosing $H_1 = L^2(V)$, and $H_2 = H_T^1(V, V^*)$, with norms

$$
||v||_1^2 = \int_I ||v||_V^2, \qquad ||\varphi||_2^2 = \int_I ||\varphi||_a^2 + ||\varphi'||_{a,*}^2.
$$

Here, bilinear form and right-hand side are given, respectively, by

$$
b(v, \varphi) = b_{\text{ult}}(A; v, \varphi) := \int_{I} -\langle \varphi', v \rangle + \langle Av, \varphi \rangle \tag{17}
$$

and $\ell(\varphi) = \langle w, \varphi(0) \rangle + \int_I \langle f, \varphi \rangle + \langle \varphi', f_1 \rangle$, with $f \in L^2(V^*)$, $f_1 \in L^2(V)$ and $w \in W$. We denote the constants of h_1 , by C_1 , etc. Every solution of the standard $w \in W$. We denote the constants of b_{ult} by C_{ult} etc. Every solution of the standard weak formulation is one of the ultra-weak formulation.

Corollary 3 (Ultra-weak bilinear form) *The bilinear form b in* [\(17\)](#page-5-0) *is continuous and satisfies the inf-sup condition with* $C_{ult} = c_{ult} = 1$ *.*

Proof We exploit the duality with the standard weak formulation. Setting $\iota v(t)$:= $v(T - t)$, $t \in I = (0, T)$ and using the symmetry of *A*, we have

$$
\forall v_1 \in L^2(V), v_2 \in H^1_T(V, V^*) \quad b_{\text{ult}}(A; v_1, v_2) = b_{\text{std}}(A; v_2, v_1); \tag{18}
$$

see [\[8,](#page-8-3) Lemma 4.[1](#page-4-1)]. Since Proposition 1 holds also with $H_0^1(V, V^*) := \{v \in H^1(V, V^*) \mid v(0) = 0\}$ in place of $H^1(V, V^*)$ we thus deduce $C_v = C_v = 1$ *H*¹(*V*, *V*^{*}) | $v(0) = 0$ } in place of *H*¹(*V*, *V*^{*}), we thus deduce $C_{ult} = C_{std} = 1$ and $C_{l} = C_{std} = 1$ with the help of (6) and $c_{\text{ult}} = c_{\text{std}} = 1$ with the help of [\(6\)](#page-2-2).

4 Galerkin Approximation in Space and Quasi-Optimality Constants

We review Galerkin approximation in space for the standard and the ultra-weak formulation and then derive identities for the corresponding quasi-optimality constants.

Let *S* be a finite-dimensional, nontrivial, and proper subspace of *V*. Observe that *S* is also a subspace of *W* and, with the identification $S^* = S$, also of V^* . As a subspace of V^* , we can equip $S = S^*$ with

$$
\|\ell\|_{a;\ast} = \sup_{\varphi \in V} \frac{\langle \ell, \varphi \rangle}{\|\varphi\|_a} \quad \text{as well as} \quad \|\ell\|_{a;S^*} := \sup_{\varphi \in S} \frac{\langle \ell, \varphi \rangle}{\|\varphi\|_a}.
$$

The following relationship, which can be found, e.g., in [\[8,](#page-8-3) Proposition 2.5], will be crucial:

$$
\sup_{\ell \in S} \frac{\|\ell\|_{a;*\}}{\|\ell\|_{a;S^*}} = \|P_S\|_{\mathscr{L}(V, \|\cdot\|_a)} := \sup_{\|w\|_a = 1} \|P_S w\|_a, \tag{19}
$$

where P_S is the *W*-orthogonal projection onto *S* satisfying $\langle P_S w, \varphi \rangle = \langle w, \varphi \rangle$ for all $\varphi \in S$ and every $w \in W$.

4.1 Standard Weak Formulation

We first consider the standard weak formulation and define the spaces H_1, H_2 , their norms and the bilinear form *b* as in Sect. [3.1.](#page-3-5) The Galerkin approximation with values in *S* is characterized by [\(7\)](#page-2-0) with $M = (M_1, M_2)$ where

$$
M_1 = H^1(S) \subset H_1, \qquad M_2 = S \times L^2(S) \subset H_2. \tag{20}
$$

In order to determine the associated inf-sup constant $c_{std:S}$ in $(5a)$, we first derive a discrete counterpart of Proposition [1.](#page-4-1) To this end, we define on *M*¹ the following *S*-dependent variant of $\|\cdot\|_1$:

$$
||v||_{1,S}^2 := ||v(T)||_W^2 + \int_I ||v||_a^2 + ||v'||_{a,S^*}^2,
$$

where we replaced the dual norm $\left\| \cdot \right\|_{a;\ast}$ of the time derivative with the discrete dual norm $\left\| \cdot \right\|_{\infty}$. This gives rise to norm $\left\| \cdot \right\|_{a;S^*}$. This gives rise to

$$
\tilde{c}_{\text{std};S} := \inf_{v \in M_1} \sup_{\varphi \in M_2} \frac{b(v, \varphi)}{\|v\|_{1;S} \|\varphi\|_2}, \quad \tilde{c}_{\text{std};S} := \sup_{v \in M_1} \sup_{\varphi \in M_2} \frac{b(v, \varphi)}{\|v\|_{1;S} \|\varphi\|_2}
$$

and

$$
\inf_{v \in M_1} \frac{\|v\|_{1;S}}{\|v\|_1} \tilde{c}_{\text{std};S} \leq c_{\text{std};S} \leq \inf_{v \in M_1} \frac{\|v\|_{1;S}}{\|v\|_1} \tilde{c}_{\text{std};S}.
$$
 (21)

Proposition 4 (Discrete isometry) *For every* $v \in M_1$ *, we have*

$$
||b(v, \cdot)||_{M_2^*} := \sup_{\varphi \in M_2} \frac{b(v, \varphi)}{\|\varphi\|_2} = ||v||_{1;S}.
$$

Proof In order to proceed as in the proof of Proposition [1,](#page-4-1) we introduce the discrete counterpart of *A*, namely the operator $A_S : S \to S^*$ given by $\langle A_S v, \varphi \rangle = a(v, \varphi)$, for every $v, \varphi \in S$. In analogy to [\(11\)](#page-3-2), we have $\langle \ell, A_S^{-1} \ell \rangle = \|A_S^{-1} \ell\|_a^2 = \|\ell\|_{a, S^*}^2$. We thus conclude as in the proof of Proposition 1, upon replacing $\varphi = (\varphi_0, \varphi_1)$ in (16) thus conclude as in the proof of Proposition [1,](#page-4-1) upon replacing $\varphi = (\varphi_0, \varphi_1)$ in [\(16\)](#page-4-2) with $\varphi_0 = v(0) \in S$, $\varphi_1 = v + A^{-1}v' \in L^2(S)$ with $\varphi_0 = v(0) \in S$, $\varphi_1 = v + A_S^{-1}v' \in L^2(S)$.

Consequently, the counterparts of the identities in Corollary [2](#page-4-3) are

$$
\tilde{c}_{\text{std};S} = \tilde{C}_{\text{std};S} = 1,\tag{22}
$$

which imply a symmetric error estimate for $\lVert \cdot \rVert_{1,5}$, similar to the one in [\[6\]](#page-8-8). For $\lVert \cdot \rVert_1$
instead we have: instead, we have:

Theorem 5 (Quasi-optimality in $H^1(V, \|\cdot\|_a; V^*, \|\cdot\|_{a,*})$) The quasi-optimality constant of the Galerkin method (20) is given in terms of the W-projection onto S by *constant of the Galerkin method* [\(20\)](#page-6-0) *is given in terms of the W-projection onto S by*

$$
q_{\text{std};S} = \|P_S\|_{\mathscr{L}(V,\|\cdot\|_a)}.
$$

Proof Identity [\(19\)](#page-5-1) entails that the ratio of the two norms in the trial space is

$$
\sup_{v \in M_1} \frac{\|v\|_1}{\|v\|_{1,S}} = \|P_S\|_{\mathscr{L}(V, \|\cdot\|_a)},\tag{23}
$$

see [\[8,](#page-8-3) Proposition 2.5 and (3.14)]. We thus deduce

$$
q_{\text{std};S} = c_{\text{std};S}^{-1} = \sup_{v \in M_1} \frac{\|v\|_1}{\|v\|_{1;S}} = \|P_S\|_{\mathscr{L}(V, \|\cdot\|_a)}.
$$
 (24)

by using Corollary [2](#page-4-3) in [\(9\)](#page-2-3) and [\(22\)](#page-6-1) in [\(21\)](#page-6-2). \Box

Remark 6 (Non-symmetric case) If *a* is not symmetric, Theorem [5](#page-7-0) can be generalized to

$$
\kappa_a^{-1} \|P_S\|_{\mathscr{L}(V, \|\cdot\|_a)} \leq q_{\text{std};S} \leq \kappa_a \|P_S\|_{\mathscr{L}(V, \|\cdot\|_a)},
$$

where $\|\cdot\|_a$ is given by the symmetric part of *a* and κ_a depends on C_a and ν_a , with $\kappa = 1$ whenever *a* is symmetric. To this end, the bilinear form is split with $\kappa_a = 1$ whenever *a* is symmetric. To this end, the bilinear form is split into its symmetric and skew-symmetric part, where the latter part is treated as a perturbation. An alternative and more general approach is offered by [\[8\]](#page-8-3). That analysis appears to be simpler but we only have $\kappa_a = \sqrt{2}$ if *a* is symmetric and one adopts the above energy-norm setting.

4.2 Ultra-Weak Formulation

We turn to Galerkin approximation based upon the ultra-weak formulation. Let the spaces H_1 , H_2 , their norms and the bilinear form *b* be given as in Sect. [3.2.](#page-4-4) The corresponding Galerkin approximation with values in *S* is characterized by [\(7\)](#page-2-0) with $M = (M_1, M_2)$ where

$$
M_1 = L^2(S) \subset H_1, \quad M_2 = H_T^1(S) := H^1(S) \cap H_T^1(V, V^*) \subset H_2. \tag{25}
$$

Also, the Galerkin approximation of the ultra-weak formulation generalizes the Galerkin approximation of the standard weak formulation. Moreover:

Theorem 7 (Quasi-optimality in $L^2(V, \|\cdot\|_a)$) The quasi-optimality constant of the ultra-weak Galerkin method (25) is determined in terms of the W-projection *the ultra-weak Galerkin method* [\(25\)](#page-7-1) *is determined in terms of the W-projection onto S by*

$$
q_{\text{ult};S} = \|P_S\|_{\mathscr{L}(V,\|\cdot\|_a)}.
$$

Proof We exploit again duality. To this end, notice first that Proposition [4](#page-6-3) and [\(23\)](#page-7-2) hold also if $H^1(S)$ is replaced by $H_0^1(S) := \{v \in H^1(S) \mid v(0) = 0\}$. Hence, the discrete inf-sun constant does not change under this replacement and (18) yields discrete inf-sup constant does not change under this replacement and [\(18\)](#page-5-2) yields $c_{ult:S} = c_{std;S}$. We thus obtain

$$
q_{\text{ult};S} = c_{\text{ult};S}^{-1} = c_{\text{std};S}^{-1} = ||P_S||_{\mathscr{L}(V,||\cdot||_a)}
$$

by using Corollary [3](#page-5-3) in [\(9\)](#page-2-3) and [\(24\)](#page-7-3). \Box

Theorems [5](#page-7-0) and [7](#page-8-9) with $W = L^2(\Omega)$, $V = H_0^1(\Omega)$ and $A = -\Delta$ yield [\(3\)](#page-1-5).

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