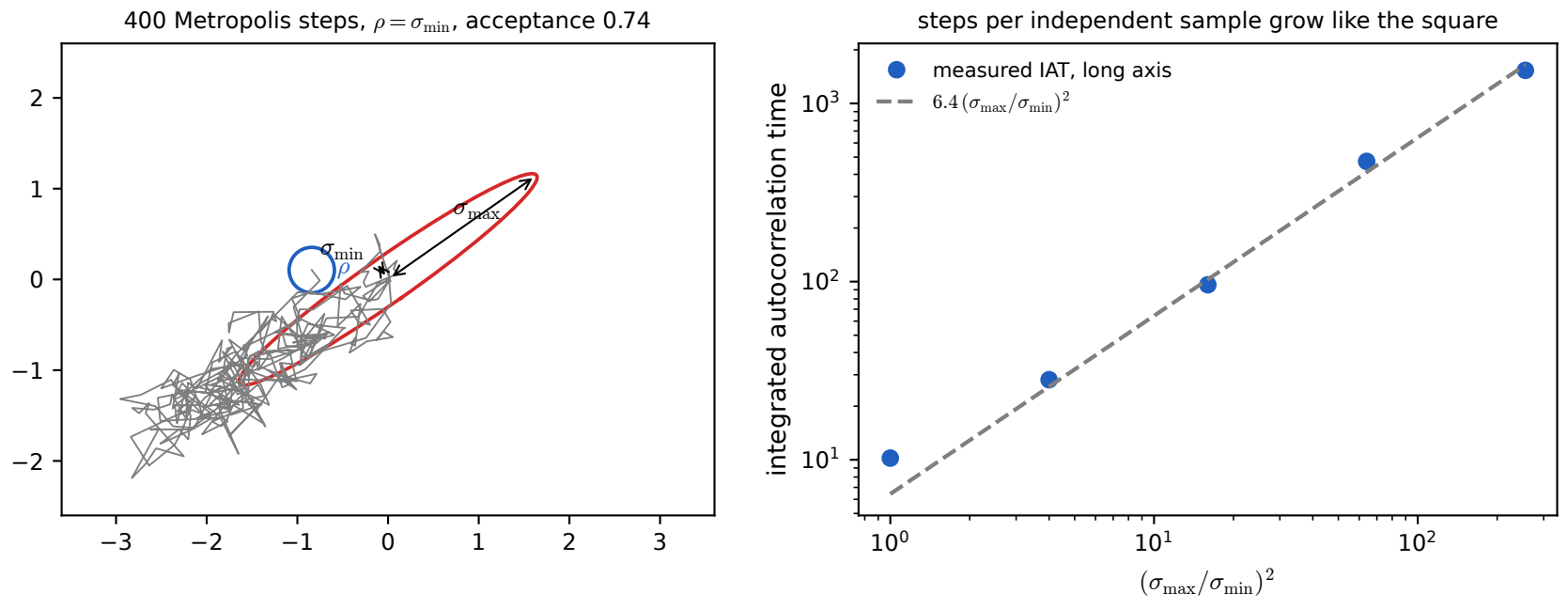

400 Metropolis steps, $\rho = \sigma_{\min}$, acceptance 0.74
$\sigma_{\max}$
$\sigma_{\min}$
ρ
steps per independent sample grow like the square
measured IAT, long axis
$6.4\,(\sigma_{\max}/\sigma_{\min})^2$
integrated autocorrelation time
$(\sigma_{\max}/\sigma_{\min})^2$