The Post-Training Dilemma

Why We Should Rethink the Sequential SFT–RL Paradigm

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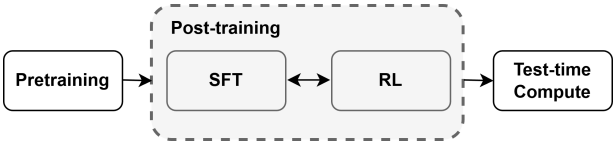
How to Make Better Model?

- During pre-training, the model is trained on vast amounts of textual data, which requires substantial computational resources.
- Models can be improved at specific tasks by **post-training** them.
  - **Post-training** methods include fine-tuning and reinforcement learning.



Questions:

- Does RL improve on prior SFT, and does SFT improve on prior RL?
- Can the two post-training stages therefore be decoupled?

SFT and RL Objectives

SFT loss equivalent expression

$$\mathcal{L}_{\mathrm{SFT}}(\theta) := -\sum_{(\boldsymbol{x},\boldsymbol{y})\in\mathcal{D}_{\mathrm{SFT}}} \log\left(p_\theta(\boldsymbol{y}\mid\boldsymbol{x})\right) = \mathbb{E}_{\boldsymbol{x}\sim p_{\mathcal{D}_{\mathrm{SFT}}},\boldsymbol{y}\sim p_{\mathcal{D}_{\mathrm{SFT}}}(\cdot|\boldsymbol{x})}[-\log p_\theta(\boldsymbol{y}\mid\boldsymbol{x})]$$

RL objective and equivalent form

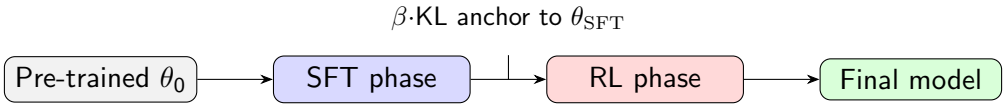
RL objective:

$$\mathcal{J}_{\mathrm{RL}}(\theta) = \mathbb{E}_{\boldsymbol{x}\sim p_{\mathcal{D}_{\mathrm{RL}}},\boldsymbol{y}\sim p_\theta(\cdot|\boldsymbol{x})}[r(\boldsymbol{x},\boldsymbol{y})] - \beta\,\mathbb{E}_{\boldsymbol{x}\sim p_{\mathcal{D}_{\mathrm{RL}}}}[D_{\mathrm{KL}}(p_\theta(\cdot\mid\boldsymbol{x})\|\pi_{\mathrm{ref}}(\cdot\mid\boldsymbol{x}))].$$

The closed-form solution is well known to be

$$p_{\theta_{\mathrm{RL}}} = \frac{1}{Z(\boldsymbol{x})}\pi_{\mathrm{ref}}(\boldsymbol{y}|\boldsymbol{x})\exp\left(\frac{r(\boldsymbol{x},\boldsymbol{y})}{\beta}\right).$$

The De Facto Post-Training Pipeline



Implicit assumption: the two stages *functionally compose* — SFT teaches instruction following, RL refines alignment, the deployed model inherits both.

Position

For rewards misaligned with SFT, RL raises the SFT loss by a term *quadratic* in the parameter displacement. No choice of β, RL algorithm, or training horizon removes it: the two stages should not be designed separately.

Theorem: Non-Decoupling Is Structural

Assumption. $\mathcal{L}_{\mathrm{SFT}}$ satisfies PL ($\mu_{\mathrm{SFT}} > 0$) on a region containing the RL trajectory and the SFT optimum Θ^*_{SFT}.

PL $\Rightarrow$ quadratic growth (Karimi et al. 2016):

$$\mathcal{L}_{\mathrm{SFT}}(\theta_{\mathrm{RL}}) - \mathcal{L}^*_{\mathrm{SFT}} \;\geq\; \frac{\mu_{\mathrm{SFT}}}{2}\,\mathrm{dist}(\theta_{\mathrm{RL}}, \Theta^*_{\mathrm{SFT}})^2$$

- Damage grows **quadratically** with displacement.
- The KL penalty bounds *how far* the policy drifts in distribution space — it cannot fix the *direction* of the drift.

How Long Should RL Run?

Optimal RL Duration (Proposition 1)

Assume RL runs for T_{RL} steps with learning rate η and mean RL gradient $\bar{g}_{\mathrm{RL}} := \frac{1}{T_{\mathrm{RL}}} \sum_{t=1}^{T_{\mathrm{RL}}} g_{\mathrm{RL}}^{(t)}$, where $g_{\mathrm{RL}}^{(t)} = \nabla \mathcal{L}_{\mathrm{RL}}(\theta^{(t)})$. Defining $\kappa \triangleq \mu_{\mathrm{SFT}} \eta^2 \|\bar{g}_{\mathrm{RL}}\|^2$ for compactness, the total composite loss $\mathcal{L}_{total} = \mathcal{L}_{\mathrm{SFT}}(\theta_{\mathrm{RL}}) + \lambda \mathcal{L}_{\mathrm{RL}}(\theta_{\mathrm{RL}})$ (with trade-off weight $\lambda > 0$) satisfies:

$$\mathcal{L}_{total} \geq \underbrace{\mathcal{L}_{\mathrm{SFT}}^* + \lambda \mathcal{L}_{\mathrm{RL}}(\theta_{\mathrm{SFT}}^*)}_{C \text{ (constant w.r.t. } T_{\mathrm{RL}})} + \frac{\kappa}{2} T_{\mathrm{RL}}^2 - \lambda c_{\mathrm{RL}} T_{\mathrm{RL}}$$

Coupling damage grows as $\frac{\kappa}{2} T_{\mathrm{RL}}^2$; RL benefit (optimistically) linear, $-\lambda c_{\mathrm{RL}} T_{\mathrm{RL}}$. The optimum is $T_{\mathrm{RL}}^* = \frac{\lambda c_{\mathrm{RL}}}{\kappa} = \frac{\lambda c_{\mathrm{RL}}}{\mu_{\mathrm{SFT}} \eta^2 \|\bar{g}_{\mathrm{RL}}\|^2}$

- Flatter SFT basin (small μ_{SFT}) $\Rightarrow$ longer safe RL window;
- RL itself sharpens the landscape, so T_{RL}^* *shrinks as RL proceeds*.

When Can RL Help?

Second-order analysis (Proposition 2)

RL improves the SFT loss when the reward–SFT alignment $\alpha_{\mathrm{RS}} := -\cos(\nabla\mathcal{L}_{\mathrm{SFT}}, \bar{g}_{\mathrm{RL}})$ beats the curvature threshold:

$$\Delta\mathcal{L}_{\mathrm{SFT}} < 0 \quad \Longleftrightarrow \quad \alpha_{\mathrm{RS}} \; > \; \tau_{\mathrm{crit}} = \frac{\eta\, T_{\mathrm{RL}}\, \sigma_{\mathrm{eff}}^2\, \|\bar{g}_{\mathrm{RL}}\|}{2\, \|\nabla\mathcal{L}_{\mathrm{SFT}}\|}$$

- Reward aligned with SFT is the only regime where RL can help; otherwise the non-decoupling theorem applies.
- Degenerate endpoint: reward $= -\mathcal{L}_{\mathrm{SFT}}$ means RL is continued SFT, and non-decoupling vanishes ($\mathrm{dist} = 0$).
- SFT flattening lowers τ_{crit}; RL sharpening raises it — the window closes as RL proceeds.

Evidence Across Tasks and Scales

Setting: Qwen3-0.6B, SST-2, REINFORCE.

Steps		Loss			
SFT	RL	Base	SFT	Post-RL	Δ
1000	500	11.364	0.067	4.417	+4.350
2000	500	11.364	0.042	3.117	+3.075
4000	500	11.364	0.051	4.812	+4.761
2000	500	11.364	0.042	3.117	+3.075
2000	1000	11.364	0.034	2.526	+2.492
2000	2000	11.364	0.057	2.849	+2.793

Setting: Qwen2.5-7B, MATH-500, GRPO.

Stage	Test loss	Acc	Δ(loss / acc)
Base	0.817	36%	
SFT → GRPO			
after SFT	0.546	44%	
after GRPO	0.550	34%	+0.004/−10

Why Existing Fixes Fall Short

- **Sequential** (DPO, GRPO): the reward source changes, the two-objective structure does not.
- **Unified** (UFT, KTO, ORPO): optimise $(1-\alpha)\mathcal{L}_{\mathrm{SFT}} + \alpha\mathcal{L}_{\mathrm{RL}}$, whose gradient $(1-\alpha)g_{\mathrm{SFT}} + \alpha g_{\mathrm{RL}}$ is RL-dominated once $\alpha > \frac{1}{1+\|g_{\mathrm{RL}}\|/\|g_{\mathrm{SFT}}\|} \approx 0.05$.
- **Gradient surgery:** when $\cos(g_{\mathrm{SFT}}, g_{\mathrm{RL}}) < 0$, replace g_{RL} by $g_{\mathrm{RL}} - \frac{g_{\mathrm{RL}}^{\top} g_{\mathrm{SFT}}}{\|g_{\mathrm{SFT}}\|^2} g_{\mathrm{SFT}}$. With a large empirical norm ratio only a small fraction of the RL signal survives.

Open Questions & Directions

1. **Coupling-aware joint optimization:** replace naive loss mixing with gradient surgery, so RL does not overwrite SFT.
2. **Landscape-aware scheduling:** track alignment and curvature online; stop RL before damage outweighs reward.
3. **SFT-necessity threshold:** DeepSeek-R1 runs pure RL at 671B; where does SFT stop being necessary?

Open: necessary and sufficient conditions for decoupling; online estimation of μ_{SFT} and $\bar{g}_{\mathrm{RL}}$; a standard benchmark for coupling.