

Cyclical Learning Rates

Oscillating Between Bounds for Better Exploration

Core Concept

Learning rate varies cyclically
between minimum and maximum values

Range Policies

Triangular: Linear increase/decrease

Triangular2: Range halves each cycle

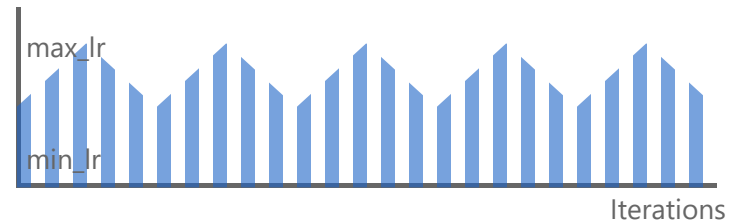
Exponential: Exponential variation

Parameters

Cycle Length: Typically 2-10 epochs per cycle

1cycle Policy

Cyclical Pattern Visualization



Key Benefits

- ✓ Escape saddle points & explore loss landscape
- ✓ Better generalization performance
- ✓ Faster convergence
- ✓ Regularization effect
- ✓ Find better local minima through exploration



Single cycle including
warm-up and cool-down phases

Successfully used in
fast.ai training methodology

[Learn more about PyTorch LR Schedulers →](#)