

## 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

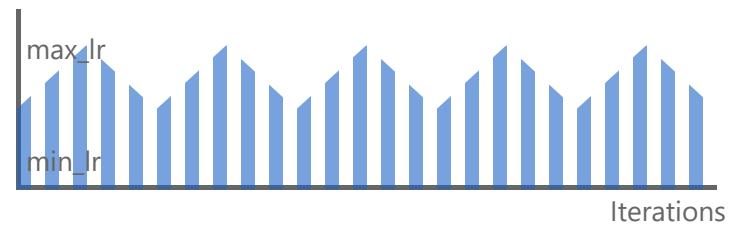
**Exponential:** Exponential variation

### 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 →](#)