



Figure 4. Agile teams plan, demo, and learn together

Effective ARTs typically consist of 50 – 125 people. The upper limit is based on Dunbar's number, which suggests a limit on the number of people with whom one can form effective, stable social relationships. The lower limit is based mostly on empirical observation. However, trains with fewer than 50 people can still provide good value, and provide many advantages over legacy Agile practices for coordinating Agile teams.

<https://www.scaledagileframework.com/agile-release-train/>
https://en.wikipedia.org/wiki/Dunbar%27s_number