```c
/*
 * clock32M.c
 *
 * Created: 28/05/2013 14:02:26
 * Author: SpinMos
 * www.spinmos.com
 *
 ==========================================================================
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 *
 * Description
 * ----------------------------------------------
      Configure the microcontroller to run at 32Mhz
      Bit D0 toggles after a delay created by a for loop
 */

#define __AVR_ATxmega128A3U
#include <avr/io.h>

unsigned int i;

int main(void)
{
      //////////////////////////////////////////
      // Remove to work at 2 Mhz
      OSC.CTRL|=OSC_RC32MEN_bm;
      while (!(OSC.STATUS & OSC_RC32MRDY_bm));
      CCP=CCP_IOREG_gc;
      CLK.CTRL=CLK_SCLKSEL_RC32M_gc;
      // If you want to disable RC2M
      OSC.CTRL&=(~OSC_RC2MEN_bm);
      //////////////////////////////////////////

      PORTD_DIR = 0x01;

      while(1)
      {
        for (i=0;i<10000;i++)
         {
         }
              PORTD_OUTTGL = 0x01;
      }
}
```