209. Minimum Size Subarray Sum

• Given an array of positive integers nums and a positive integer target, return the minimal length of a subarray whose sum is greater than or equal to target. If there is no such subarray, return 0 instead.

Example 1:

- **Input:** target = 7, nums = [2,3,1,2,4,3]
- **Output:** 2
- Explanation: The subarray [4,3] has the minimal length under the problem constraint.

Example 2:

- **Input:** target = 4, nums = [1,4,4]
- **Output:** 1

Example 3:

- **Input:** target = 11, nums = [1,1,1,1,1,1,1,1]
- **Output:** 0

Constraints:

- $1 \le \text{target} \le 10^9$
- $1 \le \text{nums.length} \le 10^5$
- $1 \le nums[i] \le 10^4$

Follow up: If you have figured out the O(n) solution, try coding another solution of which the time complexity is $O(n \log(n))$.