from machine import Pin

from utime import sleep

print("Hello, Pi Pico!")

led = Pin(5, Pin.OUT)

while True:

  led.toggle()

  sleep(0.5)

1. Import the necessary modules: Pin from machine and sleep from utime.
2. Print a welcome message to indicate the start of the program.
3. Initialize the LED pin (pin 5) as an output pin.
4. Enter an infinite loop using while True.
5. Toggle the state of the LED pin using led.toggle() to switch it on or off.
6. Pause execution for 0.5 seconds using sleep(0.5) to control the blinking frequency.

This logic will continuously blink the LED connected to pin 5 until the program is manually stopped or the device is powered off.

