A loop is one of the most powerful concepts in programming. With a loop you can decrease repetition and run through a large amount of data in no time. The program runs again and again, until the program is finished, or the condition is met. Without this concept it would be almost impossible to run through a large amount of data. For example, what if I told you to write your name a million times? You could do it line by line. There are two issues with this problem, the code is unreadable, and time it would take is unreasonable. It could be as simple as writing for ( i in 1:1000000) { print(“Felipe”)}, with one line of code you can do it. The types of loops are a while, do while, and for loop.