my\_list = []

for val in range(1, 10001):  
 my\_list.append(val)

squares = []

for num in my\_list:

squares.append(num\*\*2)

sum\_squares = 0

for num in squares:

sum\_squares = sum\_squares + num

sum\_num = 0

for num in my\_list:

sum\_num = sum\_num + num

square\_sum = sum\_num\*\*2

print(square\_sum - sum\_squares)