8. 1. Open Postman and click on the "Collections" tab in the left sidebar.

2. Click on the collection you want to run to open it.

3. Click on the "Runner" button in the top right corner.

4. In the Collection Runner window, you can configure the settings for your run, such as the environment variables, delay between requests, and number of iterations.

5. Click on the "Start Run" button to begin the run.

6. As the requests are executed, you can view the results in real-time in the Collection Runner window.