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1. Create a Test Plan in JMeter.

2. Add a Thread Group to the Test Plan and configure it with the desired number of threads, ramp-up time, and loop count.

3. Add an Interleave Controller to the Thread Group.

4. Add two or more samplers to the Interleave Controller.

5. Configure each sampler with a unique request or action to perform.

This can help simulate real-world scenarios where users interact with systems and applications in different ways, such as by accessing web pages, sending emails, and querying databases in an interleaved manner.