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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 a Runtime Controller to the Thread Group.

4. Add one or more samplers to the Runtime Controller.

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

The Runtime Controller to run for 5 seconds, and then add a sampler that sends an HTTP request to a web server. By running this scenario in JMeter, it can verify that the Runtime Controller limits the duration of the sampler to 5 seconds, even if the Thread Group is configured to run for longer.