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What is a Sprint?

Created [April 15, 2019](#) | Author [AgileKB](#) | Category [Definitions](#)

A Sprint is a specific set period of time (or timebox) to deliver a set of user stories. In Agile, Sprints last between 1-4 weeks, but typically 2.

Duration of Sprints should remain fixed throughout the entire life cycle of the project.

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