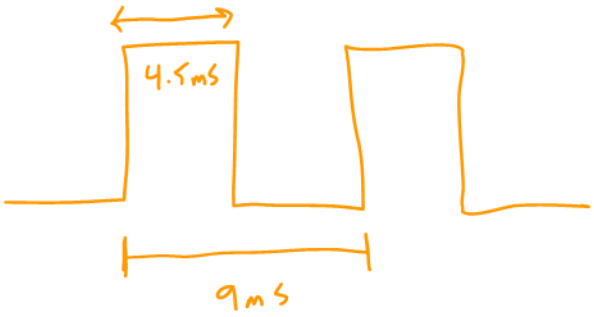
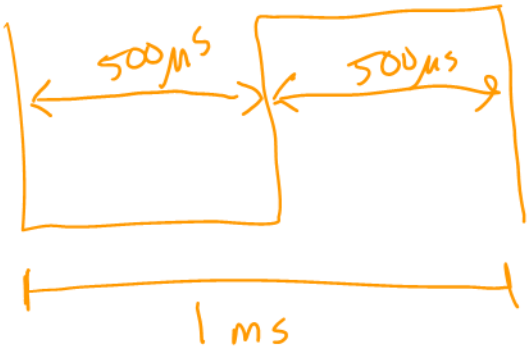
Using type long for loops, you should find that 1000 loop causes this on the AD2 when toggling a LED:



$\frac{1}{9ms} = \approx 111\ Hz$

*NOTE: Two toggles required to make a full period for the square wave measured!

If we want a 1kHz wave: $\frac{1}{1kHz} = 1ms$ period



Toggle must happen 2x to make a full wave.

The delay we want is 500µs per toggle, and one loop itteration delays $\frac{4.5ms}{1000\ loops} = 4.5\mu s/loop$

So, $\frac{500\mu s}{4.5\mu s/loop} = 111.11\ loops$

We can't put anything but 111 into the loop control, so this will be slightly off. You can measure the output waveform to see by how much!