

# Cisco Network Engineer Foundations: How MPLS Works

This intermediate MPLS Works training course covers how to understand Multi Protocol Label Switching (MPLS), and how to use it to improve your large, distributed networks and prevent dropped packets.

[CBT Nuggets course material](#) →

## WEEK 1

### MPLS Overview

105 min.

Intro	1
Introduction to MPLS	10
Explore MPLS Labels	13
Label Stacks and IP Forwarding	8
MPLS VPNs	13
Traffic Engineering	5
MPLS QoS	3
Review and Quiz	3

### Label Distribution Protocol (LDP)

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LDP Overview	5
LDP Neighborship	7
Session Protection	5
Graceful Restart and NSR	5
IGP Synchronization and Autoconfiguration	7
Implement LDP	12
Review and Quiz	4