

# regained

**The past tense of regain is regained**

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## The Forms of Regain

Infinitive	<b>to regain</b>
Present Tense	<b>regain / regains</b>
Past Tense	<b>regained</b>
Present Participle	<b>regaining</b>
Past Participle	<b>regained</b>

## Conjugate Regain

### Regain in Present Simple (Indefinite) Tense

**Singular                      Plural**

I **regain**                      We **regain**  
You **regain**                      You **regain**  
He/She/It **regains**      They **regain**

**Regain in Present Continuous (Progressive) Tense**

**Singular                      Plural**

I **am regaining**                      We **are regaining**  
You **are regaining**                      You **are regaining**  
He/She/It **is regaining**      They **are regaining**

**Regain in Present Perfect Tense**

**Singular                      Plural**

I **have regained**                      We **have regained**  
You **have regained**                      You **have regained**  
He/She/It **has regained**      They **have regained**

**Regain in Present Perfect Continuous Tense**

**Singular                      Plural**

I **have been regaining**                      We **have been regaining**  
You **have been regaining**                      You **have been regaining**  
He/She/It **has been regaining**      They **have been regaining**

**Regain in Past Simple (Indefinite) Tense**

**Singular                      Plural**

I **regained**                      We **regained**  
You **regained**                      You **regained**  
He/She/It **regained**      They **regained**

**Regain in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

I was regaining                      We were regaining  
You were regaining                You were regaining  
He/She/It was regaining        They were regaining

**Regain in Past Perfect Tense**

**Singular**

**Plural**

I had regained                      We had regained  
You had regained                    You had regained  
He/She/It had regained        They had regained

**Regain in Past Perfect Continuous Tense**

**Singular**

**Plural**

I had been regaining                We had been regaining  
You had been regaining              You had been regaining  
He/She/It had been regaining      They had been regaining

**Regain in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

I will regain                      We will regain  
You will regain                    You will regain  
He/She/It will regain        They will regain

**Regain in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

I will be regaining                  We will be regaining  
You will be regaining                You will be regaining  
He/She/It will be regaining        They will be regaining

**Regain in Future Perfect Tense**

**Singular**

**Plural**

**I will have regained**

**We will have regained**

**You will have regained**

**You will have regained**

**He/She/It will have regained**

**They will have regained**

**Regain in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been regaining**

**We will have been regaining**

**You will have been regaining**

**You will have been regaining**

**He/She/It will have been regaining**

**They will have been regaining**