

strode

The past tense of stride is strode

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The Forms of Stride

Infinitive	to stride
Present Tense	stride / strides
Past Tense	strode
Present Participle	striding
Past Participle	stridden or strode or strid

Conjugate Stride

Stride in Present Simple (Indefinite) Tense

Singular Plural

I **stride** We **stride**
You **stride** You **stride**
He/She/It **strides** They **stride**

Stride in Present Continuous (Progressive) Tense

Singular Plural

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

Stride in Present Perfect Tense

Singular

Plural

I **have stridden or strode or strid** We **have stridden or strode or strid**
You **have stridden or strode or strid** You **have stridden or strode or strid**
He/She/It **has stridden or strode or strid** They **have stridden or strode or strid**

Stride in Present Perfect Continuous Tense

Singular

Plural

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

Stride in Past Simple (Indefinite) Tense

Singular Plural

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

Stride in Past Continuous (Progressive) Tense

Singular

Plural

I **was striding** We **were striding**
You **were striding** You **were striding**
He/She/It **was striding** They **were striding**

Stride in Past Perfect Tense

Singular

Plural

I **had stridden or strode or strid** We **had stridden or strode or strid**
You **had stridden or strode or strid** You **had stridden or strode or strid**
He/She/It **had stridden or strode or strid** They **had stridden or strode or strid**

Stride in Past Perfect Continuous Tense

Singular

Plural

I **had been striding** We **had been striding**
You **had been striding** You **had been striding**
He/She/It **had been striding** They **had been striding**

Stride in Future Simple (Indefinite) Tense

Singular

Plural

I **will stride** We **will stride**
You **will stride** You **will stride**
He/She/It **will stride** They **will stride**

Stride in Future Continuous (Progressive) Tense

Singular

Plural

I **will be striding** We **will be striding**
You **will be striding** You **will be striding**
He/She/It **will be striding** They **will be striding**

Stride in Future Perfect Tense

Singular

I will have stridden or strode or strid
You will have stridden or strode or strid
He/She/It will have stridden or strode or strid

Plural

We will have stridden or strode or strid
You will have stridden or strode or strid
They will have stridden or strode or strid

Stride in Future Perfect Continuous Tense

Singular

I will have been striding
You will have been striding
He/She/It will have been striding

Plural

We will have been striding
You will have been striding
They will have been striding