

# strode

**The past tense of stride is strode**

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## The Forms of Stride

|                    |                                    |
|--------------------|------------------------------------|
| Infinitive         | <b>to stride</b>                   |
| Present Tense      | <b>stride / strides</b>            |
| Past Tense         | <b>strode</b>                      |
| Present Participle | <b>striding</b>                    |
| Past Participle    | <b>stridden or strode or strid</b> |

## 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**