

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

Stride in Present Continuous (Progressive) Tense**Singular****Plural**

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

Stride in Past Simple (Indefinite) Tense**Singular****Plural**

I **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

Plural

I will have stridden or strode or strid

We will have stridden or strode or strid

You 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

They will have stridden or strode or strid

Stride in Future Perfect Continuous Tense

Singular

Plural

I will have been striding

We will have been striding

You will have been striding

You will have been striding

He/She/It will have been striding

They will have been striding