

# Entrenar *to train, to coach, to practice, to practise*

REGULAR AR VERB

## Indicative tenses

Pronoun	Present	Preterite	Imperfect	Future	Conditional
Yo <i>I</i>	entreno <i>I train</i>	entrené <i>I trained</i>	entrenaba <i>I used to train</i>	entrenaré <i>I will train</i>	entrenaría <i>I would train</i>
Tú <i>You</i>	entrenas <i>you train</i>	entrenaste <i>you trained</i>	entrenabas <i>you used to train</i>	entrenarás <i>you will train</i>	entrenarías <i>you would train</i>
Ella / Él / Ud <i>She/he/you (fml)</i>	entrena <i>s/he trains</i>	entrenó <i>s/he trained</i>	entrenaba <i>s/he used to train</i>	entrenará <i>s/he will train</i>	entrenaría <i>s/he would train</i>
Nosotras/os <i>We</i>	entrenamos <i>we train</i>	entrenamos <i>we trained</i>	entrenábamos <i>we used to train</i>	entrenaremos <i>we will train</i>	entrenaríamos <i>we would train</i>
Vosotras/os <i>You (pl)</i>	entrenáis <i>you (pl) train</i>	entrenasteis <i>you (pl) trained</i>	entrenabais <i>you (pl) used to train</i>	entrenaréis <i>you (pl) will train</i>	entrenaríais <i>you (pl) would train</i>
Ellas/os / Uds <i>They/you (pl fml)</i>	entrenan <i>they train</i>	entrenaron <i>they trained</i>	entrenaban <i>they used to train</i>	entrenarán <i>they will train</i>	entrenarían <i>they would train</i>

Pronoun	Present Perfect	Past Perfect	Future Perfect	Conditional Perfect
Yo <i>I</i>	he entrenado <i>I have trained</i>	había entrenado <i>I had trained</i>	habré entrenado <i>I will have trained</i>	habría entrenado <i>I would have trained</i>
Tú <i>You</i>	has entrenado <i>you have trained</i>	habías entrenado <i>you had trained</i>	habrás entrenado <i>you will have trained</i>	habrías entrenado <i>you would have trained</i>
Ella / Él / Ud <i>She/he/you (fml)</i>	ha entrenado <i>s/he has trained</i>	había entrenado <i>s/he had trained</i>	habrá entrenado <i>s/he will have trained</i>	habría entrenado <i>s/he would have trained</i>
Nosotras/os <i>We</i>	hemos entrenado <i>we have trained</i>	habíamos entrenado <i>we had trained</i>	habremos entrenado <i>we will have trained</i>	habríamos entrenado <i>we would have trained</i>
Vosotras/os <i>You (pl)</i>	habéis entrenado <i>you (pl) have trained</i>	habíais entrenado <i>you (pl) had trained</i>	habréis entrenado <i>you (pl) will have trained</i>	habríais entrenado <i>you (pl) would have trained</i>
Ellas/os / Uds <i>They/you (pl fml)</i>	han entrenado <i>they have trained</i>	habían entrenado <i>they had trained</i>	habrán entrenado <i>they will have trained</i>	habrían entrenado <i>they would have trained</i>



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## Subjunctive tenses

Pronoun	Present	Imperfect	Future
Yo <i>I</i>	entrene <i>I train</i>	entrenara <i>I trained</i>	entrenare <i>I will train</i>
Tú <i>You</i>	entrenes <i>you train</i>	entrenaras <i>you trained</i>	entrenares <i>you will train</i>
Ella / Él / Ud <i>She/he/you (fml)</i>	entrene <i>s/he trains</i>	entrenara <i>s/he trained</i>	entrenare <i>s/he will train</i>
Nosotras/os <i>We</i>	entrenemos <i>we train</i>	entrenáramos <i>we trained</i>	entrenáremos <i>we will train</i>
Vosotras/os <i>You (pl)</i>	entrenéis <i>you (pl) train</i>	entrenarais <i>you (pl) trained</i>	entrenareis <i>you (pl) will train</i>
Ellas/os / Uds <i>They/you (pl fml)</i>	entrenen <i>they train</i>	entrenaran <i>they trained</i>	entrenaren <i>they will train</i>

Pronoun	Present Perfect	Past Perfect	Future Perfect
Yo <i>I</i>	haya entrenado <i>I have trained</i>	hubiera entrenado <i>I had trained</i>	hubiere entrenado <i>I will have trained</i>
Tú <i>You</i>	hayas entrenado <i>you have trained</i>	hubieras entrenado <i>you had trained</i>	hubieres entrenado <i>you will have trained</i>
Ella / Él / Ud <i>She/he/you (fml)</i>	haya entrenado <i>s/he has trained</i>	hubiera entrenado <i>s/he had trained</i>	hubiere entrenado <i>s/he will have trained</i>
Nosotras/os <i>We</i>	hayamos entrenado <i>we have trained</i>	hubiéramos entrenado <i>we had trained</i>	hubiéremos entrenado <i>we will have trained</i>
Vosotras/os <i>You (pl)</i>	hayáis entrenado <i>you (pl) have trained</i>	hubierais entrenado <i>you (pl) had trained</i>	hubiereis entrenado <i>you (pl) will have trained</i>
Ellas/os / Uds <i>They/you (pl fml)</i>	hayan entrenado <i>they have trained</i>	hubieran entrenado <i>they had trained</i>	hubieren entrenado <i>they will have trained</i>

## Imperative tenses

Pronoun	Affirmative	Negative
Tú <i>You</i>	entrena <i>(to you) train!</i>	no entrenes <i>(to you) don't train!</i>
Ella / Él / Ud <i>She/he/you (fml)</i>	entrene <i>(to you fml) train!</i>	no entrene <i>(to you fml) don't train!</i>
Nosotras/os <i>We</i>	entrenemos <i>let's train!</i>	no entrenemos <i>let's not train!</i>
Vosotras/os <i>You (pl)</i>	entrenad <i>(to you pl) train!</i>	no entrenéis <i>(to you pl) don't train!</i>
Ellas/os / Uds <i>They/you (pl fml)</i>	entrenen <i>(to you pl fml) train!</i>	no entrenen <i>(to you pl fml) don't train!</i>

## Past participle & gerund

### Past participle

entrenado  
*trained*

### Gerund

entrenando  
*training*

