

# Entrenarse conjugation

to train (oneself)

REGULAR -AR VERB

## Indicative tenses

| PRONOUN                             | PRESENT                               | PRETERITE                                  | IMPERFECT                                       | FUTURE                                       | CONDITIONAL                                    |
|-------------------------------------|---------------------------------------|--------------------------------------------|-------------------------------------------------|----------------------------------------------|------------------------------------------------|
| Yo<br>I                             | me entreno<br><i>I train</i>          | me entrené<br><i>I trained</i>             | me entrenaba<br><i>I used to train</i>          | me entrenaré<br><i>I will train</i>          | me entrenaría<br><i>I would train</i>          |
| Tú<br>You                           | te entrenas<br><i>you train</i>       | te entrenaste<br><i>you trained</i>        | te entrenabas<br><i>you used to train</i>       | te entrenarás<br><i>you will train</i>       | te entrenarías<br><i>you would train</i>       |
| Ella / Él / Ud<br>She/he/you (fml)  | se entrena<br><i>s/he trains</i>      | se entrenó<br><i>s/he trained</i>          | se entrenaba<br><i>s/he used to train</i>       | se entrenará<br><i>s/he will train</i>       | se entrenaría<br><i>s/he would train</i>       |
| Nosotras/os<br>We                   | nos entrenamos<br><i>we train</i>     | nos entrenamos<br><i>we trained</i>        | nos entrenábamos<br><i>we used to train</i>     | nos entrenaremos<br><i>we will train</i>     | nos entrenaríamos<br><i>we would train</i>     |
| Vosotras/os<br>You (pl)             | os entrenáis<br><i>you (pl) train</i> | os entrenasteis<br><i>you (pl) trained</i> | os entrenabais<br><i>you (pl) used to train</i> | os entrenaréis<br><i>you (pl) will train</i> | os entrenaríais<br><i>you (pl) would train</i> |
| Ellas/os / Uds<br>They/you (pl fml) | se entrenan<br><i>they train</i>      | se entrenaron<br><i>they trained</i>       | se entrenaban<br><i>they used to train</i>      | se entrenarán<br><i>they will train</i>      | se entrenarían<br><i>they would train</i>      |

| PRONOUN                             | PRESENT PERFECT                                     | PAST PERFECT                                        | FUTURE PERFECT                                            | CONDITIONAL PERFECT                                         |
|-------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|
| Yo<br>I                             | me he entrenado<br><i>I have trained</i>            | me había entrenado<br><i>I had trained</i>          | me habré entrenado<br><i>I will have trained</i>          | me habría entrenado<br><i>I would have trained</i>          |
| Tú<br>You                           | te has entrenado<br><i>you have trained</i>         | te habías entrenado<br><i>you had trained</i>       | te habrás entrenado<br><i>you will have trained</i>       | te habrías entrenado<br><i>you would have trained</i>       |
| Ella / Él / Ud<br>She/he/you (fml)  | se ha entrenado<br><i>s/he has trained</i>          | se había entrenado<br><i>s/he had trained</i>       | se habrá entrenado<br><i>s/he will have trained</i>       | se habría entrenado<br><i>s/he would have trained</i>       |
| Nosotras/os<br>We                   | nos hemos entrenado<br><i>we have trained</i>       | nos habíamos entrenado<br><i>we had trained</i>     | nos habremos entrenado<br><i>we will have trained</i>     | nos habríamos entrenado<br><i>we would have trained</i>     |
| Vosotras/os<br>You (pl)             | os habéis entrenado<br><i>you (pl) have trained</i> | os habíais entrenado<br><i>you (pl) had trained</i> | os habréis entrenado<br><i>you (pl) will have trained</i> | os habríais entrenado<br><i>you (pl) would have trained</i> |
| Ellas/os / Uds<br>They/you (pl fml) | se han entrenado<br><i>they have trained</i>        | se habían entrenado<br><i>they had trained</i>      | se habrán entrenado<br><i>they will have trained</i>      | se habrían entrenado<br><i>they would have trained</i>      |

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## Subjunctive tenses

| PRONOUN                             | PRESENT                               | IMPERFECT                                 | FUTURE                                       |
|-------------------------------------|---------------------------------------|-------------------------------------------|----------------------------------------------|
| Yo<br>I                             | me entrene<br><i>I train</i>          | me entrenara<br><i>I trained</i>          | me entrenare<br><i>I will train</i>          |
| Tú<br>You                           | te entrenes<br><i>you train</i>       | te entrenaras<br><i>you trained</i>       | te entrenares<br><i>you will train</i>       |
| Ella / Él / Ud<br>She/he/you (fml)  | se entrene<br><i>s/he trains</i>      | se entrenara<br><i>s/he trained</i>       | se entrenare<br><i>s/he will train</i>       |
| Nosotras/os<br>We                   | nos entrenemos<br><i>we train</i>     | nos entrenáramos<br><i>we trained</i>     | nos entrenáremos<br><i>we will train</i>     |
| Vosotras/os<br>You (pl)             | os entrenéis<br><i>you (pl) train</i> | os entrenarais<br><i>you (pl) trained</i> | os entrenareis<br><i>you (pl) will train</i> |
| Ellas/os / Uds<br>They/you (pl fml) | se entrenen<br><i>they train</i>      | se entrenaran<br><i>they trained</i>      | se entrenaren<br><i>they will train</i>      |

| PRONOUN                             | PRESENT PERFECT                                     | PAST PERFECT                                          | FUTURE PERFECT                                              |
|-------------------------------------|-----------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------|
| Yo<br>I                             | me haya entrenado<br><i>I have trained</i>          | me hubiera entrenado<br><i>I had trained</i>          | me hubiere entrenado<br><i>I will have trained</i>          |
| Tú<br>You                           | te hayas entrenado<br><i>you have trained</i>       | te hubieras entrenado<br><i>you had trained</i>       | te hubieres entrenado<br><i>you will have trained</i>       |
| Ella / Él / Ud<br>She/he/you (fml)  | se haya entrenado<br><i>s/he has trained</i>        | se hubiera entrenado<br><i>s/he had trained</i>       | se hubiere entrenado<br><i>s/he will have trained</i>       |
| Nosotras/os<br>We                   | nos hayamos entrenado<br><i>we have trained</i>     | nos hubiéramos entrenado<br><i>we had trained</i>     | nos hubiéremos entrenado<br><i>we will have trained</i>     |
| Vosotras/os<br>You (pl)             | os hayáis entrenado<br><i>you (pl) have trained</i> | os hubierais entrenado<br><i>you (pl) had trained</i> | os hubiereis entrenado<br><i>you (pl) will have trained</i> |
| Ellas/os / Uds<br>They/you (pl fml) | se hayan entrenado<br><i>they have trained</i>      | se hubieran entrenado<br><i>they had trained</i>      | se hubieren entrenado<br><i>they will have trained</i>      |

## Imperative

| PRONOUN                 | AFFIRMATIVE                                 | NEGATIVE                                              |
|-------------------------|---------------------------------------------|-------------------------------------------------------|
| Tú<br>You               | entrénate<br><i>(to you) train!</i>         | no te entrenes<br><i>(to you) don't train!</i>        |
| Usted<br>You (fml)      | entrénese<br><i>(to you fml) train!</i>     | no se entrene<br><i>(to you fml) don't train!</i>     |
| Nosotras/os<br>We       | entrenémonos<br><i>let's train!</i>         | no nos entrenemos<br><i>let's not train!</i>          |
| Vosotras/os<br>You (pl) | entrenaos<br><i>(to you pl) train!</i>      | no os entrenéis<br><i>(to you pl) don't train!</i>    |
| Ustedes<br>You (pl fml) | entrénense<br><i>(to you pl fml) train!</i> | no se entrenen<br><i>(to you pl fml) don't train!</i> |

## Past participle and gerund

|                 |                            |
|-----------------|----------------------------|
| Past participle | entrenado <i>trained</i>   |
| Gerund          | entrenando <i>training</i> |



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