

**stride**

1. [straɪd] *n*
  1. большой шаг  
to walk with long strides - делать большие шаги  
to shorten [to lengthen] the stride - замедлить [прибавить] шаг
  2. *спорт.*
    - 1) маховый шаг  
even stride - равномерный шаг  
springing stride - бросковый шаг
    - 2) бег маховым шагом
  3. расстояние между расставленными ногами
  4. *обыкн. pl*
    - 1) успехи; прогресс, продвижение  
to make great /rapid/ strides - делать большие успехи  
science has made great strides - наука ушла далеко вперед
    - 2) рост, развитие  
the world population is growing with great strides - население мира быстро растёт  
since his return his illness made rapid strides - со времени его возвращения его болезнь стала быстро прогрессировать
5. *pl сл.* брюки
6. страйд (*джазовый стиль фортепианной игры; тж. stride piano*)
  - ◇ to get into one's stride - приниматься за дело  
wait till he gets into his stride - подожди, пока он не возьмётся за дело; посмотришь, что будет, когда он возьмётся за дело  
to take smth. in one's stride - а) перешагнуть одним махом, перемахнуть; to take a town in stride - **воен.** с ходу захватить город; б) *спорт.* легко взять препятствие; the horse took the hurdle in its stride - лошадь легко взяла барьер; в) преодолевать трудности без всяких усилий; he took the new assignment in his stride - он легко справился с новым заданием; г) считать что-л. естественным, легко переносить что-л., относиться спокойно к чему-л.; she took the news in her stride - она спокойно отнеслась к этой новости  
to hit one's stride - достичь обычной скорости или уровня (*в работе*)

**2. [straɪd] *v* (strode; stridden)**

1. шагать (большими шагами)  
to stride along the road [up and down the room] - шагать по дороге [взад и вперед по комнате]  
they strode the street - они вышагивали по улице, они мерили улицу шагами  
to stride up to smb. - подойти к кому-л. (крупным шагом)  
to stride away - уйти прочь (крупным шагом)
2. *спорт.* бежать маховым шагом
3. (*тж. over, across*) перешагнуть  
to stride (over) a ditch [(across) a puddle] - перешагнуть (через) канаву [лужу]
4. сидеть верхом

**stride** Oxford Advanced Learners Dictionary 8th Ed.

**stride** [straɪd **strides strode striding stridden**] **verb, noun** *BrE* [straɪd] <sup>m</sup> *NAme*

[straɪd] <sup>m</sup>  
**verb** (pt **strode** *BrE* [strɔʊd] <sup>m</sup> ; *NAme* [strɔʊd] <sup>m</sup> ) **intransitive** (not used in the perfect tenses) + **adv./prep.**

to walk with long steps in a particular direction

- We strode across the snowy fields.
- She came striding along to meet me.

Verb forms:

verb forms	
present simple	
I / you / we / they	stride
	<i>BrE</i> /straɪd/
	<i>NAme</i> /straɪd/
he / she / it	strides
	<i>BrE</i> /straɪdz/
	<i>NAme</i> /straɪdz/
past simple	strode
	<i>BrE</i> /strɔʊd/
	<i>NAme</i> /strɔʊd/
-ing form	striding
	<i>BrE</i> /'straɪdɪŋ/
	<i>NAme</i> /'straɪdɪŋ/

Word Origin:

Old English stride (noun) 'single long step', strīdan (verb) 'stand or walk with the legs wide apart', probably from a Germanic base meaning 'strive, quarrel'; related to Dutch **strijden** 'fight' and German **streiten** 'quarrel'.

Example Bank:

- He came striding up the path.
- He strode off in search of a taxi.
- She strode purposefully across the stage.
- She strode purposefully towards the door.
- Andrew strode out briskly along the rocky track.

- He strode past her into the hall.
- Martha came striding out to meet me.
- She strode angrily into his office.
- The man strode confidently onto the stage.
- We could see her striding across the grass towards the house.

**Idioms:** ↑get into your stride ▪ ↑put somebody off their stride ▪ ↑stride for stride ▪ ↑take something in your stride ▪ ↑without breaking stride

## noun

1. one long step; the distance covered by a step

**Syn:** ↑pace

- He crossed the room in two strides.
  - I was gaining on the other runners **with every stride**.
2. your way of walking or running
    - his familiar purposeful stride
    - She did not slow her stride until she was face to face with us.
  3. an improvement in the way sth is developing
    - We're **making great strides** in the search for a cure.
  4. **strides plural** (AustralE, informal) trousers/pants

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### Example Bank:

- He matched his stride to her slower pace.
- In one short stride he reached the window.
- She's made enormous strides in English this term.
- The show finally hit its stride in the second season.
- The team took time to get into their stride.
- We have made great strides in areas like employment and housing.
- Without breaking her stride she ducked the ball.
- First you'll need to measure the length of your stride.
- He entered the clearing with his familiar, purposeful stride.
- I was gaining on the other runners with every stride.
- Rooney scored from 20 metres without breaking (his) stride.
- She lengthened her stride to try and keep up with him.
- She moved towards him in quick strides.
- She resumed her confident stride.

See also: ↑hit stride ▪ ↑take something in stride

## stride

Longman DOCE 5th Ed. (En-En)

### I. **stride**<sup>1</sup> /straɪd/ BrE " AmE " noun

1. **STEP** [countable] a long step you make while you are walking ⇒ **pace**:

" Paco reached the door in only three strides.

2. **IMPROVEMENT** [countable] an improvement in a situation or in the development of something

**make great/major/giant etc strides**

" The government has made great strides in reducing poverty.

3. **take something in your stride** *British English*, **take something in stride** *American English* to not allow something to annoy, embarrass, or upset you:

" When the boss asked Judy to stay late, she took it in stride.

4. **get into your stride** *British English*, **hit your stride** *American English* to start doing something confidently and well:

" Once I get into my stride, I can finish an essay in a few hours.

5. **WAY OF WALKING** [singular] the way you walk or run:

" the runner's long, loping stride

6. **break (your) stride** *especially American English*

a) to begin moving more slowly or to stop when you are running or walking

b) if you break your stride, or if someone or something breaks it, you are prevented from continuing in what you are doing:

" Collins dealt with the reporters' questions without breaking stride.

7. **put somebody off their stride** *especially British English*, **knock/throw/keep somebody off stride** *American English* to make someone unable to do something effectively, by not allowing them to give all their attention to it:

" Shea's testimony threw the defense off stride.

8. **(match somebody) stride for stride** to manage to be just as fast, strong, skilled etc as someone else, even if they keep making it harder for you

### II. **stride**<sup>2</sup> BrE " AmE " verb (past tense **strode** /strəʊd \$ stroud/, past participle **stridden** /'strɪdn/) [intransitive always + adverb/preposition] *written*

[Language: Old English; Origin: strīdan]

to walk quickly with long steps ⇒ **march**

stride across/into/down etc

" He strode toward her.

...

### THESAURUS

- **walk** to move forward by putting one foot in front of the other: I missed the bus so I decided to walk. | We've walked about eight miles today.
- **wander** to walk without any clear purpose or direction: They wandered around the narrow streets of the old city.
- **stride** to walk with long steps in a determined, confident, or angry way: A man in a suit came striding purposefully into the hall. | She strode onto the stage and began to address the audience.
- **pace** to walk first in one direction and then in another many times, especially because you are nervous: Nick was pacing up and down, waiting for the phone to ring.
- **march** to walk quickly with firm regular steps – used especially about soldiers or someone who is angry: The troops marched past with smart uniform and good discipline. | Sheila marched into the office and demanded an apology.
- **wade** to walk through deep water: We had to wade across the river.
- **stomp** to walk putting your feet down very hard, especially because you are angry: She turned and stomped off without looking back.

### stride

Freakuency Pack

12500 **5509**<sup>MCW</sup>

15000 **3283**<sup>COCA</sup>

RANGE: **3k** STRIDE <sup>7252</sup>

stride <sup>2623</sup>

strode <sup>1752</sup>

strides <sup>2125</sup>

striding <sup>752</sup>

COCA 500k Unlemmatized

1741 **12599**<sup>2222</sup> *nn1*

216 **45488**<sup>265</sup> *vv0*

119 **64735**<sup>136</sup> *vvi*