

USED TO

USE

Used to is used for:

situations or states in the past which are not true now:

He *used to be* in the army, but he is a teacher now.

repeated activities or habits in the past which do not happen now:

She *used to run* in the London Marathon every year until she injured her leg.

Note:

used to is a verb which is only used in the past:

She used to run in the Marathon.

Did you use to run in the Marathon?

I didn't use to run in the Marathon.

to talk about habits in the present, use the present simple tense with an adverb like usually, every day, etc.:

I *usually drink* tea with my lunch.

He *catches* the same train *every day*.