Used to (do)

It happened regularly in the past but no longer happens.

Lo usamos cuando sucede regularmente en el pasado pero ya no sucede.

Pronoun	Ве	Used to	Main Verb
	Past	Positive or Negative	Verb –ing
1	was	(not) used to	going
He/she/it	was	(not) used to	calling
We/you/they	were	(not) used to	writing

John used to train on the running track after work.

Nicole was not used to staying in the office until 10PM.

Jason used to play on the football team.

Exercises

Martin	things when he got mad. (break)		
Не	with her fiancée every Friday. (go out)		
Karen	dinner for her husband every day. (cook		