

**stretch**

- 1. [stretʃ] n**
- 1) **вытягивание, растягивание**  
to give a stretch - потянуться  
to give smth. a stretch - вытянуть /растянуть/ что-л
  - 2) **спорт.** выпрямление
  - 3) **тех.** натяжение, растяжение
  - 4) **спец.** эластичность  
a fabric with two-way stretch - ткань, которая растягивается в обе стороны
- 2. напряжение**  
on the stretch - в напряжении  
with every faculty on the stretch - напрягши все свои способности  
with the utmost stretch of one's powers - мобилизовав все свои силы
- 3. 1) протяжение, пространства, участок, отрезок**  
level stretch - ровный участок, ровная местность  
a stretch of hilly country - холмистая местность
- 2) спорт.** отрезок дистанции  
home stretch - а) последняя прямая; б) последний /заключительный/ этап
- 4. 1) промежуток времени**  
a stretch of three months - три месяца, трёхмесячный срок  
a long stretch of bad weather - длительный период плохой погоды
- 2) сл.** срок заключения  
to do one's stretch - отбывать свой срок
- 5. превышение, выход за пределы**  
a stretch of power /of authority/ - превышение власти  
a stretch of the imagination - полёт фантазии  
by a stretch of imagination - при большом воображении  
a stretch of language - расширение значения слова  
by a stretch of language - придав слову более широкий смысл  
he could not by any possible stretch be considered a gentleman - его даже с самой большой натяжкой нельзя считать джентльменом
- 6. направление**
- 7. прогулка, разминка**
- 8. мор.** галс курсом бейдевинд  
◇ at a /one/ stretch - без перерыва, не останавливаясь, не переводя дыхания, одним духом, в один присест  
for six hours at a stretch - шесть часов подряд  
at full stretch - полностью, полным ходом  
the factory was at full stretch - фабрика работала с полной нагрузкой
- 2. [stretʃ] a**  
растягивающийся; эластичный; сделанный из эластичной ткани *или* из эластичного волокна  
stretch socks - безразмерные носки  
stretch pants - женские брюки в обтяжку
- 3. [stretʃ] v**
- 1) **растягивать, вытягивать, удлинять, тянуть**  
to stretch a bow - натягивать тетиву  
to stretch gloves - растягивать перчатки  
to stretch one's shoes by wearing them - разносить туфли  
don't stretch the material, you'll rip it - не тяни материал, ты порвёшь его  
to stretch one's neck - вытягивать шею  
to stretch wings - расправлять крылья  
to stretch oneself /one's arms/ - потягиваться  
to stretch one's legs - размять ноги, прогуляться
  - 2) **растягиваться, вытягиваться, удлиняться, тянуться**  
material that stretches - материя, которая тянется  
the rope has stretched - верёвка ослабла  
to lie stretched (out) - лежать вытянувшись  
to stretch and yawn - потягиваться и зевать
  - 3) **расширять**  
to stretch one's mind with a good book - обогатить ум /расширить кругозор/ чтением хорошей книги
- 2. 1) натягивать, напрягать**  
to stretch every nerve - напрячь все нервы  
to stretch the strings of a violin - подтянуть струны скрипки  
she stretched his already thin patience - она испытывала его терпение, которое уже было готово лопнуть  
to be fully stretched - работать не щадя сил, «выкладываться»
- 2) натягиваться, напрягаться**
- 3. 1) тянуть, натягивать**  
to stretch a rope across the room - протянуть верёвку в комнате  
canvas stretched on a frame - холст, натянутый на подрамник
- 2) тянуться, простираться, иметь протяжение**

the valley stretches southward - долина простирается к югу  
this forest stretches for miles - этот лес тянется на много миль  
to stretch away - простирается вдаль  
to stretch forth /forward/ - протягиваться, тянуться

### 3) продолжаться

the Meiji era stretched from 1868 to 1912 - эпоха Мейдзи продолжалась с 1868 по 1912 г.

### 4. *разг.* преувеличивать; допускать натяжки

to stretch a story - приукрасить историю /рассказ/  
this is a bit stretched - это несколько преувеличено  
to stretch the truth - прибавлять то, чего не было, преувеличивать  
to stretch a privilege - злоупотреблять привилегией  
to stretch the law - допустить натяжку в истолковании закона  
to stretch a point - выйти за пределы дозволенного; не очень строго соблюдать правила

### 5. *разг.* свалить, повалить (*ударом*; *тж.* stretch out)

### 6. *мор.* идти курсом бейдевинд

## stretch

Oxford Advanced Learners Dictionary 8th Ed.

**stretch** [stretch stretches stretched stretching] verb, noun BrE [stretʃ] <sup>u</sup> NAmE

[stretʃ]

verb

## MAKE BIGGER/LOOSER

### 1. *transitive, intransitive* ~ (sth) to make sth longer, wider or looser, for example by pulling it; to become longer, etc. in this way

- Is there any way of stretching shoes?
- This sweater has stretched.

### 2. *intransitive* (of cloth) to become bigger or longer when you pull it and return to its original shape when you stop

- The jeans stretch to provide a perfect fit.

## PULL TIGHT

### 3. *transitive* to pull sth so that it is smooth and tight

- ~ **sth** Stretch the fabric tightly over the frame.
- ~ **sth + adj.** Make sure that the rope is stretched tight.

## YOUR BODY

### 4. *intransitive, transitive* to put your arms or legs out straight and contract your muscles

- He stretched and yawned lazily.
- ~ **sth** The exercises are designed to stretch and tone your leg muscles.

## REACH WITH ARM

### 5. *intransitive, transitive* to put out an arm or a leg in order to reach sth

- + **adv./prep.** She stretched across the table for the butter.
- ~ **sth + adv./prep.** I stretched out a hand and picked up the book.

## OVER AREA

### 6. *intransitive + adv./prep.* to spread over an area of land

**Syn:** ↑extend

- Fields and hills stretched out as far as we could see.
- Beyond the mountains stretches a vast desert.

## OVER TIME

### 7. *intransitive + adv./prep.* to continue over a period of time

- The town's history stretches back to before 1500.
- The training stretches over a period of 16 months.
- Endless summer days stretched out before us.
- The talks look set to stretch into a second week.

## MONEY/SUPPLIES/TIME

### 8. *intransitive* ~ (to sth) (used in negative sentences and questions about an amount of money) to be enough to buy or pay for sth

- I need a new car, but my savings won't stretch to it.
- There are lots of things I'd like to buy, but our budget just won't stretch that far.

### 9. *transitive* ~ **sb/sth** to make use of a lot of your money, supplies, time, etc

- The influx of refugees has **stretched** the country's resources **to the limit**.
- We can't take on any more work— we're fully stretched as it is.

## SB'S SKILL/INTELLIGENCE

### 10. *transitive* ~ **sb/sth** to make use of all sb's skill, intelligence, etc

- I need a job that will stretch me.
- She was never really stretched at school.
- The book really stretches your imagination.

## RUTH/BELIEF

### 11. transitive ~ sth to use sth in a way that would not normally be considered fair, acceptable, etc

- He admitted that he had maybe **stretched the truth** a little (= not been completely honest) .
- The play's plot **stretches** credulity **to the limit** .

**more at** bend/stretch the rules **at** ↑rule n.

#### Verb forms:

verb forms	
present simple	
I / you / we /they	stretch
	BrE /stretʃ/
	NAmE /stretʃ/
he / she /it	stretches
	BrE /stretʃɪz/
	NAmE /stretʃɪz/
past simple, past participle	stretched
	BrE /stretʃt/
	NAmE /stretʃt/
-ing form	stretching
	BrE /stretʃɪŋ/
	NAmE /stretʃɪŋ/

#### Word Origin:

Old English streccan, of West Germanic origin; related to Dutch **strekken** and German **strecken**. The noun dates from the late 16th cent.

#### Thesaurus:

##### stretch verb

##### 1. I, T

- This sweater has stretched.

**expand** • **enlarge** • **widen** • **broaden** • **lengthen** • **extend** •

**Opp: shrink**

stretch/expand/enlarge/widen/lengthen/extend **to** a particular amount

##### 2. I (always used with an adverb or preposition)

- The road stretched ahead for miles.

**continue** • **extend** • **lead** • **go** • **reach** • **span** •

stretch/continue/extend/lead/go/reach/span **beyond/across** sth

stretch/continue/extend/lead/go/reach **from** sth **to** sth

stretch/continue/extend **for** sth

#### Example Bank:

- A line of cars stretched into the distance.
- Andrea turned out the light and stretched full-length on the bed.
- Don't stretch yourself too thin financially.
- He stirred and stretched lazily.
- He stretched out on the couch and watched TV.
- Our forces are too thinly stretched to control the chaos.
- She sat up, yawning and stretching.
- She stretched up to reach the top shelf.
- Striped awnings had been stretched across the courtyard.
- The beach seemed to stretch endlessly.
- The beach stretches for five miles.
- The future stretched out endlessly in front of me.
- The increase in demand has severely stretched our resources.
- The road stretched ahead.
- The wood does not stretch very far.
- This department is stretched to its limit.
- an area which stretches from London to the north
- His bulging muscles stretched the fabric of his T-shirt.
- Stop stretching your sleeves like that!

**Idioms:** ↑at full stretch ▪ ↑by no stretch of the imagination ▪ ↑not by any stretch of the imagination ▪ ↑stretch a point ▪ ↑stretch your legs

**Derived** ↑stretch out ▪ ↑stretch yourself out

## noun

### AREA OF LAND/WATER

#### 1. countable ~ (of sth) an area of land or water, especially a long one

- an unspoilt stretch of coastline
- a particularly dangerous stretch of road
- You rarely see boats on this stretch of the river.

## PERIOD OF TIME

2. **countable** a continuous period of time

**Syn:** ↑spell

- They worked in four-hour stretches.
- She used to read for hours **at a stretch** (= without stopping).

3. **countable, usually singular (informal)** a period of time that sb spends in prison

- He did a ten-year stretch for fraud.

## OF BODY

4. **countable, uncountable** an act of stretching out your arms or legs or your body and contracting the muscles; the state of being stretched

- We got out of the car and **had a good stretch**.
- Only do these more difficult stretches when you are warmed up.
- Stay in this position and feel the stretch in your legs.

## OF FABRIC

5. **uncountable** the ability to be made longer or wider without breaking or tearing

- You need a material with plenty of stretch in it.
- stretch jeans

## ON RACETRACK

6. **countable, usually singular** a straight part at the end of a racing track

**Syn:** ↑straight

- the **finishing/home stretch**
- (figurative) The campaign has entered its final stretch.

### Word Origin:

Old English streccan, of West Germanic origin; related to Dutch **strekken** and German **strecken**. The noun dates from the late 16th cent.

### Thesaurus:

**stretch** noun C

- an unspoilt stretch of coastline

**expanse** • • **tract** • • **field** •

a/an stretch/expanse/tract/field of sth

a **great/large/huge/vast** stretch/expanse/tract/field

a/an **wide/broad/continuous/open/empty/barren/deserted** stretch/expanse

### Example Bank:

- First let's warm up by doing some stretches.
- Have a good stretch from time to time to prevent yourself getting stiff.
- He went through a tough stretch last year but things are better now.
- He worked for three days and nights at a stretch.
- Her arms were at full stretch.
- Hold the stretch for a count of ten.
- She felt a renewed burst of energy for the final stretch.
- She had been unhappy for long stretches of her life.
- The festival is being held on a stretch of parkland near the river.
- The presidential race has now entered the home stretch.
- The students have now entered the final stretch of their course.
- There are tailbacks along a 10-mile stretch of the motorway.
- a straight stretch of road
- a wild uninhabited coastal stretch
- an empty stretch of beach
- A narrow stretch of water separates the island from the mainland.
- She looked at the long stretches of white sands.
- She used to read for hours at a stretch.
- The car overturned on a particularly dangerous stretch of road.
- The summer vacation can seem like an awfully long stretch of time.
- This is a largely unspoilt stretch of coastline.

## stretch

Longman DOCE 5th Ed. (En-En)

1. **stretch**<sup>1</sup> **S3 W3** /stretʃ/ *BrE* <sup>1</sup> *AmE* <sup>1</sup> *verb*

[Language: Old English; Origin: streccan]

### 1. MAKE SOMETHING BIGGER/LOOSER

a) [**intransitive and transitive**] to make something bigger or looser by pulling it, or to become bigger or looser as a result of being pulled:

- A spider's web can stretch considerably without weakening.
- Where can I buy those things that stretch your shoes?

b) [intransitive not in progressive] if a material stretches, it can become bigger or longer when you pull it and then return to its original shape when you stop

2. **BODY** [intransitive and transitive] to straighten your arms, legs, or body to full length:

" Carl sat up in bed, yawned, and stretched.

" Always stretch before exercising.

3. **REACH** [intransitive always +adverb/preposition] to reach a long way for something

stretch across/over

" Ann stretched across the couch and grabbed the phone.

4. **MAKE SOMETHING TIGHT** [transitive] to pull something so that it is tight:

" The canvas is stretched over a wooden frame.

5. **TIME/SERIES** [intransitive, transitive always + adverb/preposition] to continue over a period of time or in a series, or to make something do this

stretch into/on/over etc

" Berg's career as a government official stretched over 20 years.

" With a goal in the second half, Spurs stretched their lead to 3–0.

6. **IN SPACE** [intransitive always + adverb/preposition] to spread out or cover a large area of land

stretch to/into/away etc

" Row after row of orange trees stretched to the horizon.

" a line stretching around the block

7. **stretch your legs** *informal* to go for a walk, especially after sitting for a long time

8. **stretch (sb's) patience /credulity** to be almost beyond the limits of what someone can accept or believe:

" The kids stretch my patience to the limit.

9. **RULE/LIMIT** [transitive] *British English* to allow something that would not normally be allowed by a rule or limit:

" This once, I'll stretch the rules and let you leave work early.

" We'll stretch a point (=allow a rule to be broken) and let the baby travel free this time. ⇒ **stretch the rules** at ↑rule<sup>1</sup>(1)

10. **stretch the truth/facts** to say or write something that is not completely true:

" Reporters sometimes stretch the facts to make a point.

11. **be stretching it** *informal* to make something seem more important, bigger etc than it really is:

" He's a good player, but 'world class' is stretching it.

12. **FOOD/MONEY** [intransitive and transitive] if you make an amount of money, food etc stretch or it stretches, you use less of it than you usually would so that you have it for a longer time:

" I'm going to have to stretch this \$20 until payday.

13. **be stretched (to the limit)** to have hardly enough money, supplies, time etc for your needs:

" We're stretched at the moment, otherwise we'd go.

14. **not stretch to something** *British English* if someone's money will not stretch to something, they cannot afford it:

" The budget won't stretch to a new car this year.

15. **ABILITIES** [transitive] to make someone use all of their skill, abilities, or intelligence:

" The work's too easy. The students aren't being stretched enough.

**stretch out** *phrasal verb*

1. *informal* to lie down, usually in order to sleep or rest:

" I'm just going to stretch out on the couch for ten minutes.

2. **stretch something** ↔ **out** to put out your hand, foot etc in order to reach something:

" Jimmy stretched out his hand to take the candy.

• • •

## THESAURUS

• **exercise** to walk, do sports etc in order to stay healthy and become stronger: To lose weight, exercise regularly and eat less.

• **do some exercise /a lot of exercise etc** this phrase is much more common than the verb **exercise**, and means the same thing: Her doctor said that she needed to do more exercise. | My son does very little exercise – I don't know how he stays so slim. | Dogs need lots of exercise.

• **stay/keep/get in shape** to stay or to become physically healthy and strong – used especially when you consider exercise as a way to keep a nice-looking body: Try jogging with a friend who also wants to get in shape.

• **keep fit** *British English* to exercise regularly in order to stay healthy and strong: The class encourages older people to keep fit.

• **work out** to do exercise in order to be healthy and strong, especially to exercise regularly in a gym or exercise class: He works out three times a week.

• **tone up** (also **firm up**) to exercise in order to make your body or part of your body firmer: I need to tone up my stomach and legs.

• **warm up** to do gentle exercises to prepare your body for more active exercise: It's important to warm up before you begin to play.

• **stretch** to reach your arms, legs, or body out to full length, in order to make your muscles as long as possible, so that you do not injure them when you exercise: Jog for five minutes, then stretch before starting on your run.

• **limber up** (also **loosen up**) to do gentle exercises so that your muscles are warm and not tight before you begin a more active exercise: The footballers were limbering up before a training session.

• **train especially British English** to prepare for a sporting event by exercising in a particular way: She's training to do the London Marathon.

• **practise** *British English*, **practice** *American English* to do a sports activity regularly, in order to get better and prepare for competition: The team practices on Wednesdays and Saturdays.

## II. stretch<sup>2</sup> *BrE* <sup>AmE</sup> *noun*

1. **LENGTH OF LAND/WATER** [countable] an area of land or water, especially one that is long and narrow

stretch of

a beautiful stretch of countryside

2. **TIME** [countable] a continuous period of time

stretch of

" a stretch of three weeks without sunshine

" She doesn't leave the house for long stretches of time.

" She rarely sleeps for eight hours at a stretch (=without stopping).

3. **BODY** [countable] the action of stretching a part of your body out to its full length, or a particular way of doing this:

" The ski instructor showed us some special stretches.

4. **by any stretch (of the imagination)** *spoken* used to emphasize that a negative statement is true:

" My family wasn't wealthy by any stretch of the imagination.

5. **the home/final stretch**

a) the last part of a track before the end of a race

b) the last part of an activity, trip, or process:

" As they enter the home stretch of the campaign, the president's lead has grown.

6. **MATERIAL** [uncountable] the ability a material has to increase in length or width without tearing ⇒ **stretchy**

7. **at full stretch** *British English*

a) using everything that is available:

" With staff shortages and appalling weather conditions, the emergency services were at full stretch.

b) with your body or part of your body stretched as far as possible:

" He dived and caught the ball at full stretch.

8. **JAIL** [countable usually singular] *informal* a period of time spent in prison

III. **stretch**<sup>3</sup> *BrE* " *AmE* " *adjective* [only before noun]

stretch clothes or material stretch if you pull them, and then return to their original shape:

" stretch Levis

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## stretch

Freakuency Pack

12500 **2056**<sup>MCW</sup>

15000 **1430**<sup>COCA</sup>

RANGE: **2k** STRETCH<sup>29482</sup>

stretch<sup>12637</sup>

stretched<sup>8025</sup>

unstretched<sup>19</sup>

stretches<sup>4017</sup>

stretching<sup>4556</sup>

stretchy<sup>228</sup>

stretchiness<sup>0</sup>

COCA 500k Unlemmatized

5624 **5381**<sup>7033</sup> *nn1*

2396 **10502**<sup>2877</sup> *vv0*

2462 **10941**<sup>2723</sup> *vvi*

4 **4492334**<sup>4</sup> *np1*