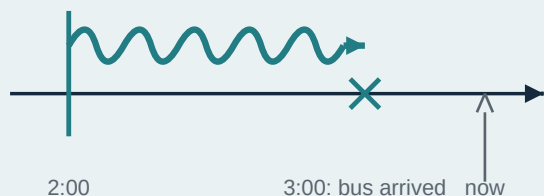


PAST PERFECT CONTINUOUS

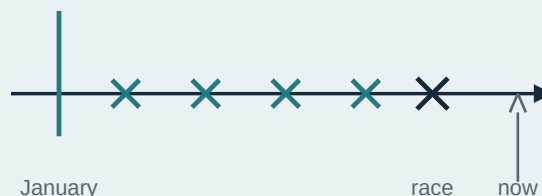
B1-B2 | Grammar reference guide

1 Look at the diagrams below.

I had been waiting for an hour when the bus arrived.



She had been training every day before the race.



2 Read the key idea.

We use the past perfect continuous for an activity continuing up to a later past time or event.

It emphasizes duration or repeated activity before that later point in the past.

3 Notice the useful time words.

USEFUL TIME WORDS

for | since | before | when | by the time | all day

4 Read the example sentences.

Duration:

I had been waiting for an hour when the bus arrived.

Negative:

He had not been sleeping well.

Repeated:

She had been training every day before the race.

Question:

How long had you been working there?