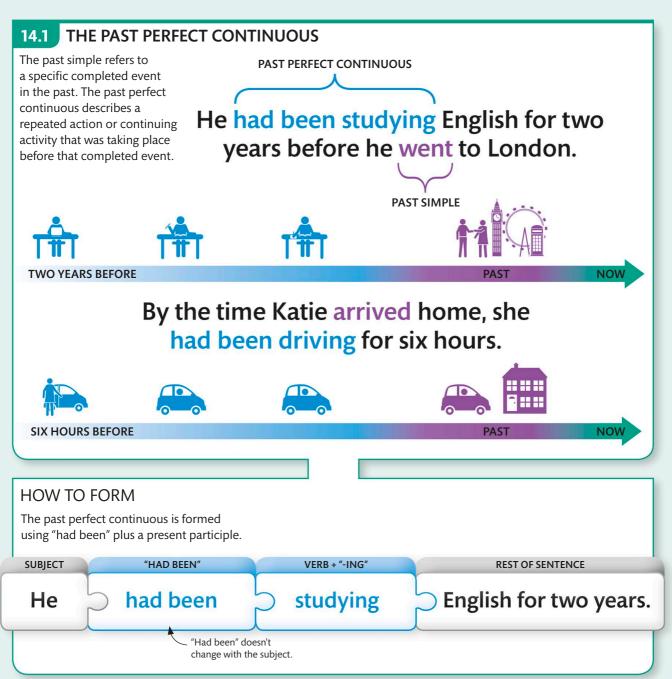
14 The past perfect continuous

English uses the past perfect continuous with the past simple to talk about an activity that was in progress before another action or event happened.

ee also:

Past simple **7** Present perfect continuous **12** Infinitives and participles **51**



FURTHER EXAMPLES













She decided to buy a new car because her old one hadn't been working for weeks.

I went to see the doctor after I'd been feeling unwell for a few days.







The band had been rehearsing every day, so they won the competition.







I had been training to be a dancer until I broke my leg.

14.2 THE PRESENT PERFECT CONTINUOUS AND PAST PERFECT CONTINUOUS

PRESENT PERFECT CONTINUOUS

The present perfect continuous is used to talk about an action in progress or repeated activity that was taking place until the present moment.









I'm really thirsty.

I have been cycling for two hours.

TWO HOURS AGO

NOV

PAST PERFECT CONTINUOUS

The past perfect continuous is used to talk about an ongoing action or repeated activity that was taking place until another specified moment in the past.







I was really thirsty.
I had been cycling for two hours.



PAST

NOW

TWO HOURS BEFORE