

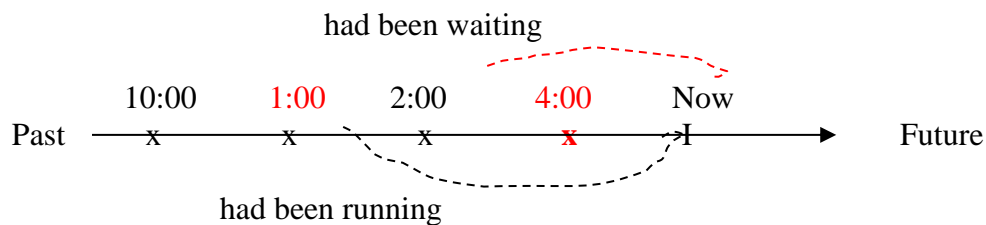
## VI-Past Perfect Continuous

I. The form of the past perfect continuous: [Had + been + Ving ]

II. The use of the Past Perfect continuous:

1- To talk about an action that was in progress before a specific time in the past. The continuous emphasises the continuation of an action, not the end result.

**e.g.** – It was 2:00 p.m. the runners **had been running** since 10:00 a.m.  
– I finally saw Rob at 4:00 p.m. I **had been waiting** for hours.



2- The past perfect continuous is used with the past simple to talk about two events in the past. We use the past perfect continuous the first event, and the past simple with the second one.

**e.g.** She **had been training** for three years when she **entered** the race. (First she trained. Then she entered the race).

3- We often use the perfect continuous to draw conclusion about past events based on evidence.

**e.g.** She was out of breath. It was clear that she **had been running**.  
The streets were wet. It **had been raining**.

Make it clear:

- When the race started, it was raining and streets were wet.
- When the race started, it had been raining and the streets were wet.