

Past Perfect Continuous

Core Idea:

Focus on duration before a past moment

Use it when:

You want to show how long something happened before another past action

Structure:

Subject + had been + verb + ing

Examples:

I had been studying for 3 hours before the exam.

She had been working all day before she rested.

They had been playing before it rained.

Exercise:

She ____ (work) for hours before she stopped.

They ____ (wait) for a long time before the bus came.