PAST PERFECT SIMPLE
PAST PERFECT CONTINUOUS

Past perfect simple

(subject + had + past part)

- To talk about something which happened before something which is described in the past:
  *When he got to the station, the train **had left***

- Tipically with time expressions such as: **when, as soon as, after, before...**
- *She started driving before he **had fastened** the seatbelt*

- Often with these adverbs: **already, just, never.**
  *He **had never eaten** steak and kidney pie until he came to England*

Past perfect continuous

(subject + had + been + v-ing)

- To talk about something which happened before something which is described in the past **BUT:**

- Focuses in the l**enght of time**
  *Mandy needed a walk because she**'d been sitting** down **all day***

- Says **how long** something happened up to a point in the past
  *He **had been playing** for Arsenal **for only two games** when he scored his first goal*