Completed actions, duration and results

Been para una actividad anterior

Past perfect continuous habla de una actividad durante un tiempo hasta un momento pasado, o hasta poco antes: had been + verbo en -ing. I had been running significa había estado corriendo. Puede explicar una señal de entonces, como cansancio o ropa mojada. No asegura por sí solo que la actividad siguiera en marcha. Aquí had y el verbo en -ing ya están escritos: falta been.

Ejemplo resuelto

My shoes were muddy. I had ____ walking in the fields. → My shoes were muddy. I had been walking in the fields.

Mis zapatos estaban llenos de barro. Había estado caminando por los campos.

Completa con been para formar past perfect continuous.

01. We were glad to sit down. We had _____ standing in line since nine.

02. The dancers sat down to rest. They had _____ dancing for two hours.

03. Tom was out of breath. He had _____ running uphill.

04. The puppy was muddy. It had _____ playing in the garden.

05. Dad's hands were covered in flour. He had _____ baking bread.

06. The dog was thirsty. It had _____ chasing a ball in the park.

07. The floor was dusty. Dad had _____ sanding the shelves.

08. Mia's fingers were cold. She had _____ waiting outside for twenty minutes.

09. The children were covered in sand. They had _____ digging on the beach.

10. We were hungry when we arrived. We had _____ traveling all day.

11. I could hear the birds again. The workers had _____ drilling all morning.

12. I needed a warm drink. I had _____ swimming in cold water.

13. Anna knew the route. She had _____ cycling to work for months.

14. The bread smelled wonderful. It had _____ baking for nearly an hour.

15. Mom's hands were muddy. She had _____ planting flowers.

16. The coach was tired. She had _____ teaching lessons since eight.

17. Anna's throat hurt. She had _____ singing for an hour.

18. We stopped for water. We had _____ hiking since breakfast.

19. The baby was asleep at last. She had _____ crying for half an hour.

20. The kitchen smelled of soup. Mom had _____ cooking since noon.

Completed actions, duration and results

Been para una actividad anterior

Continuación: ejercicios 21-40. Completa con been para formar past perfect continuous.

21. My fingers hurt. I had _____ typing for hours.

22. The tailor stretched her hands. She had _____ sewing since breakfast.

23. The path was muddy. It had _____ raining all morning.

24. The ground was covered in snow. It had _____ snowing for several days.

25. Dad rubbed his eyes. He had _____ working at the computer all evening.

26. My back hurt. I had _____ carrying boxes upstairs.

27. Leo knew the song well. He had _____ practicing it every evening.

28. Leo's coat was covered in leaves. He had _____ clearing the path.

29. The mechanic needed a break. He had _____ repairing cars all morning.

30. The office was quiet at last. The printer had _____ making noise all morning.

31. The pot was empty. The guests had _____ helping themselves to soup.

32. The room smelled of paint. We had _____ painting the walls.

33. Mia's phone battery was low. She had _____ talking to her cousin.

34. The students looked sleepy the next morning. They had _____ studying until midnight.

35. I recognized the tune. My neighbor had _____ playing it all afternoon.

36. We found crumbs on the desk. The children had _____ eating crackers.

37. My eyes were tired. I had _____ reading for two hours.

38. Tom's shoes were wet. He had _____ walking through puddles.

39. The grass was wet. Dad had _____ watering the garden.

40. Grandma's lap was full of wool. She had _____ knitting a blanket.

Soluciones

Frases con el hueco completado. La respuesta aparece en negrita.

01. We had **been** standing in line since nine.
02. They had **been** dancing for two hours.
03. He had **been** running uphill.
04. It had **been** playing in the garden.
05. He had **been** baking bread.
06. It had **been** chasing a ball in the park.
07. Dad had **been** sanding the shelves.
08. She had **been** waiting outside for twenty minutes.
09. They had **been** digging on the beach.
10. We had **been** traveling all day.
11. The workers had **been** drilling all morning.
12. I had **been** swimming in cold water.
13. She had **been** cycling to work for months.
14. It had **been** baking for nearly an hour.
15. She had **been** planting flowers.
16. She had **been** teaching lessons since eight.
17. She had **been** singing for an hour.
18. We had **been** hiking since breakfast.
19. She had **been** crying for half an hour.
20. Mom had **been** cooking since noon.
21. I had **been** typing for hours.
22. She had **been** sewing since breakfast.
23. It had **been** raining all morning.
24. It had **been** snowing for several days.
25. He had **been** working at the computer all evening.
26. I had **been** carrying boxes upstairs.
27. He had **been** practicing it every evening.
28. He had **been** clearing the path.
29. He had **been** repairing cars all morning.
30. The printer had **been** making noise all morning.
31. The guests had **been** helping themselves to soup.
32. We had **been** painting the walls.
33. She had **been** talking to her cousin.
34. They had **been** studying until midnight.
35. My neighbor had **been** playing it all afternoon.
36. The children had **been** eating crackers.
37. I had **been** reading for two hours.
38. He had **been** walking through puddles.
39. Dad had **been** watering the garden.
40. She had **been** knitting a blanket.