Verb Tenses

Simple Past (I ran)  
Past Progressive (I was running)
Past Perfect (I had run)
Past P. Progressive (I had been running)

Simple Present (I run)  
Present Progressive (I am running)
Present Perfect (I have run)
Present P. Progressive (I have been running)

Simple Future (I will run)  
Future Progressive (I will be running)
Future Perfect (I will have run)
Future P. Progressive (I will have been running)

= action  ↔ =continuation of action  ⇔ =action that occurs over a period of time