

Intelligence Division • Case File

HITPOINTS MASTERY

A Field Guide to Efficient 1-99 Training - Passive Vitality Protocol



SUBJECT	Hitpoints (10-99)	SCOPE	Trains passively via any F2P or P2P combat method; dedicated tiers below use P2P areas. Live game version, 2026.
ENTRY POINT	Level 10 Hitpoints (effective start)	TARGET	Level 99 Hitpoints

Briefing. Hitpoints trains automatically alongside every combat method - see the Attack, Strength, Ranged, and Magic dossiers for full method detail. The exact mechanic: melee/ranged combat awards **1.33 HP xp per point of damage dealt** (a fixed 4:3 ratio) regardless of style, versus 4 xp per damage to a single focused combat stat - so HP xp/hr always runs at roughly **a third** of whatever xp/hr the corresponding combat skill's own dossier quotes for the same method. **There is no dedicated F2P or P2P version of Hitpoints itself** - an F2P account simply gains HP xp automatically from whichever F2P combat route it's already running (Cows → Hill Giants → Moss Giants); the tiers below assume a player deliberately optimising HP xp using P2P combat areas.

PROGRESSION LADDER



10
START



40
CRABS



70
SLAYER



99
99

ICON	TIER	LEVEL RANGE	METHOD	KEY REQUIREMENT
	I	10-40	Any Melee Style on Sand/Ammonite Crabs	None
	II	40-70	Slayer Tasks (Nechryael, Gargoyles, Aberrant Spectres)	Slayer master/task access
	III	70-99	Nightmare Zone (Any Style) or High-Intensity Bossing	Absorption + Overload potions

Reading The Access Tags

F2P

Free-to-Play - no membership required for this method.

P2P

Pay-to-Play - requires an active OSRS membership.

F2P & P2P

Identical method works on either account type.

I-III FULL TRAINING PATH

Free-to-Play (F2P) Note

Hitpoints has no independent training method of its own - it accrues automatically at 1.33 xp per damage dealt in **any** combat training, F2P or P2P. A Free-to-Play account naturally levels Hitpoints via its F2P combat route (Cows → Hill Giants → Moss Giants - see the Attack, Strength, Defence, and Ranged dossiers' F2P sections). The three dedicated tiers below assume access to P2P combat areas (Sand/Ammonite Crabs, Slayer, Nightmare Zone) for players specifically optimising HP xp/hr rather than following one of the other skills' F2P routes.

TIER I - SAND & AMMONITE CRABS (ANY MELEE STYLE)

P2P

10 → 40



METHOD

Melee combat at Sand Crabs (Hosidius) or Ammonite Crabs (Fossil Island)

LOCATION

Hosidius south coast / Fossil Island

EST. TIME (THIS TIER)

~3-5 hrs

REQUIREMENTS

None

RATE

~8,000-12,000 HP xp/hr

HP xp is 1.33 xp per damage dealt regardless of combat style - any crab-spot Attack/Strength/Defence training doubles as HP training for free, at roughly a third of that skill's own quoted xp/hr (crabs run ~25,000-35,000 xp/hr for the chosen combat stat at this bracket). Levels 10-40 need relatively little total xp, so this tier passes quickly even at HP's slower rate.

TIER II - SLAYER TASKS (NECHRYAEL, GARGOYLES, ABERRANT SPECTRES)

P2P

40 → 70



METHOD

Combat Slayer assignments against high-HP monsters

LOCATION

Varies by task/master

EST. TIME (THIS TIER)

~40-58 hrs

REQUIREMENTS

Slayer master access; suitable combat gear

RATE

~12,000-18,000 HP xp/hr (approximate, community-sourced)

Higher-HP monsters push more damage per hour than crabs once gear and levels allow, but this bracket alone requires roughly 700,000 HP xp - far more than Tier I - so it's a noticeably longer stretch despite the higher rate. See the Slayer dossier for a full task/master breakdown.

FLAGSHIP ROUTE

TIER III - NIGHTMARE ZONE (ANY STYLE) OR HIGH-INTENSITY BOSSING

P2P

70 → 99



METHOD

Nightmare Zone with Absorption + Overload potions

LOCATION

Nightmare Zone instance

EST. TIME (THIS TIER)

~330-470 hrs if pursued as pure HP training (see note)

REQUIREMENTS

Unlimited Absorption (NMZ points); Overload unlock

RATE

~26,000-37,000 HP xp/hr

Identical AFK setup to the Attack/Strength/Defence/Ranged Nightmare Zone loops (which run ~80,000-110,000 xp/hr for the chosen combat stat there) - **Overloads deal periodic self-damage that also contributes HP xp**. Level 70-99 alone needs roughly 12.3 million HP xp, so training HP in isolation this way is a multi-hundred-hour undertaking; in practice this level range is reached as a byproduct of the corresponding combat skill's own ~35-50 hour NMZ grind (see the Attack/Strength dossiers), not by chasing HP xp directly.

HP Milestones Worth Rushing

A handful of unlocks key off Hitpoints level specifically rather than a combat stat: level 40 for the strongest Barrows gloves variants some players target, and higher HP thresholds for certain boss mechanics that scale enrage or damage caps with the player's max hit points. Check the specific requirement before assuming any combat method will get there fast enough.

Why HP Trains Slower Than The Primary Stat

By design, Hitpoints earns **1.33 xp per point of damage dealt** versus 4 xp per damage to a single focused combat stat - about a third of the rate. Training a single combat skill (Attack, Strength, Ranged, or Magic) from 1-99 the whole way at one style typically only brings Hitpoints to **around level 85-90**, not 99, by the time the primary stat caps - this is intentional game balance, not a sign something is being done inefficiently, and it's why most accounts finish their first combat skill before their HP level catches up.

A Note On Survivability

Beyond xp efficiency, a higher Hitpoints level is simply more forgiving while learning new content - more health means more room to react to mechanics before dying, which is part of why many players end up over-levelled in HP relative to their combat stats without deliberately training it. This dossier's dedicated tiers exist for the minority of situations where that natural pace isn't fast enough.

✓ QUICK-REFERENCE RECAP

Combined Estimate

HP 99 is typically reached as a **natural byproduct** of training the other combat skills - on an F2P account this happens automatically via that account's F2P combat route, at no extra time cost. Trained as a dedicated, standalone goal via the three P2P tiers above, the honest total is roughly **375-535 hours** (dominated almost entirely by the 70-99 stretch, which alone needs ~12.3 million HP xp) - not a figure anyone actually grinds for. In practice, HP simply lags the primary combat stat by 10-15 levels over the course of that stat's own P2P 1-99 grind, and reaches 99 naturally once a player has trained two or more combat skills, or extended play well past maxing the first one.

When To Train HP Directly

Most players never touch this dossier's dedicated tiers - HP simply rises alongside Attack, Strength, Defence, Ranged, or Magic training. The routes below exist for the rare case of wanting HP xp specifically, e.g. to hit a minimum-HP requirement (Barrows gloves, certain quests) faster than incidental combat training would provide.

Related Skills

HP xp/hr scales with damage dealt per hour, so it tracks whichever combat skill's dossier is being followed - see the Attack, Strength, Defence, Ranged, and Magic Mastery dossiers for the F2P and P2P routes that generate this HP xp as a side effect.

F2P Equivalent Timeline

An F2P account following the Cows → Hill Giants → Moss Giants combat progression reaches 99 HP over a similar overall timeframe to the equivalent F2P combat skill grind - there is no separate F2P "HP route" to budget for separately.

ICON	TIER	LEVEL RANGE	REQUIREMENT	LOCATION	RATE (XP/HR)	EST. TIME
	I - Sand/Ammonite Crabs (P2P)	10-40	None	Hosidius / Fossil Island	~8-12k	~3-5 hrs
	II - Slayer Tasks (P2P)	40-70	Slayer access	Varies by task	~12-18k	~40-58 hrs
	III - Nightmare Zone (P2P)	70-99	Absorption + Overloads	Nightmare Zone	~26-37k	~330-470 hrs (isolated)

All figures approximate. In-game xp rates, minigame rewards, and item prices fluctuate and were sourced from the OSRS Wiki and community efficiency guides current as of early September 2026. This dossier assumes full game access unless noted otherwise. Always confirm current mechanics in-game before committing to a specific Hitpoints method.

- OSRS Wiki - Hitpoints (xp-per-damage formula)
- OSRS Wiki - Combat training overview
- OSRS Wiki - Nightmare Zone
- OSRS Wiki - Free-to-play