

Intelligence Division • Case File

STRENGTH MASTERY

A Field Guide to Efficient 1-99 Training - Melee Power Protocol



SUBJECT	Strength (Melee combat skill)	SCOPE	Covers both Free-to-Play and Members routes; live game version, 2026.
ENTRY POINT	Level 1 Strength	TARGET	Level 99 Strength

Briefing. Strength training splits hard by account type. **F2P accounts grind a Cows-to-Giants combat ladder with no potions or minigame bonuses; P2P accounts run the same crab-then-Nightmare-Zone spine as Attack and Defence** - only the combat style selected changes. Sand Crabs carry the members early and mid game, Nightmare Zone's Absorption (+ optional Overload) loop carries the rest. Recalculated against the real xp table, **P2P runs roughly 140-245 hours** end to end (levels 70-99 alone are ~94% of the skill's total xp, so the Nightmare Zone stage dominates); **F2P runs roughly 520-870 hours** with no afk assist at all.

PROGRESSION LADDER

				
1	29	40	70	99
START	HILL GIANTS (F2P)	SAND CRABS (P2P)	NMZ OVERLOADS (P2P)	99

ICON	TIER	LEVEL RANGE	METHOD	KEY REQUIREMENT
	F2P	1-99	Cows → Al Kharid → Hill Giants → Moss Giants	None
	I	1-40	Sand/Ammonite Crabs (Aggressive)	P2P
	II	40-70	Crabs + banking NMZ points	P2P
	III	70-99	Nightmare Zone (Absorption + optional Overloads)	P2P, 5/43 quests for NMZ entry

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.

How To Read This Page

The **green F2P tag** marks the free-to-play route (a single continuous 1-99 method); the **gold P2P tags** mark the three-tier members route below it. Pick whichever matches your account - the two are entirely independent paths to the same level 99.

F2P - COWS & AL KHARID → HILL GIANTS → MOSS GIANTS

F2P

1 → 99



METHOD

Melee Cows (Lumbridge) → Al Kharid Scorpions/Warriors → Hill Giants (Edgeville Dungeon) → Moss Giants (Wilderness camp), Aggressive combat style throughout



LOCATION

Lumbridge → Al Kharid → Edgeville Dungeon → Wilderness Moss Giant camp

EST. TIME (FULL ROUTE)

~520-870 hrs

REQUIREMENTS

None - all four spots are open to F2P accounts

RATE

~6,000-25,000 xp/hr, rising sharply through the ladder (Cows/Al Kharid ~6k-12k at low levels, Hill/Moss Giants ~15k-25k from level 30+)

No Absorption/Overload equivalent exists in F2P, so this is a straight melee grind the whole way. Levels 70-99 alone hold ~94% of the skill's total xp, which is why the honest full-route estimate runs in the hundreds of hours. **Moss Giants sit in the Wilderness** (Wilderness Pond, north of the Lava Maze - higher hp and xp than Hill Giants but real PK risk) - Hill Giants in Edgeville Dungeon (or the quieter Giants' Plateau near Al Kharid) are the safer, slightly slower alternative for players who'd rather not risk it. Select Aggressive combat style throughout to route xp into Strength.

TIER I - SAND & AMMONITE CRABS (AGGRESSIVE)

P2P

1 → 40



METHOD

Sand Crabs (Hosidius) or Ammonite Crabs (Fossil Island), Aggressive combat style

LOCATION

South of Hosidius, Great Kourend / Fossil Island

EST. TIME (THIS TIER)

~2-5 hrs

REQUIREMENTS

Members world - identical spot used for Attack/Defence training. Sand Crabs need no quest; Ammonite Crabs need the short **Bone Voyage** quest for Fossil Island boat access.

RATE

~8,000-20,000 xp/hr (real-world rate ramps with level and weapon tier)

Crabs deal low, erratic damage, so no food is needed - fully afk-friendly. **Select Aggressive combat style** to route xp into Strength rather than Attack or Defence. Members-only from level 1 onward - a dramatically faster alternative to the F2P grind above once membership is available. Total xp needed for levels 1-40 is only ~37,000, so this tier passes quickly regardless of exact rate.

TIER II - CONTINUE CRABS, BANK NMZ POINTS

P2P

40 → 70



METHOD

Same crab spot, Aggressive style; parallel-track easy NMZ bosses (Rock Golem etc.)

LOCATION

Sand/Ammonite Crabs, plus Nightmare Zone (Yanille)

EST. TIME (THIS TIER)

~16-35 hrs

REQUIREMENTS

None for crabs beyond membership; NMZ points bank passively from any NMZ kills

RATE

~20,000-45,000 xp/hr (weapon-tier dependent)

There's no one-time "unlock" for Absorption - reward points are a running currency spent continuously at Dom Onion's Reward Shop (1,000 points per dose, 4,000 for a full potion). The goal this tier is dual-purpose: keep levelling on crabs while banking a comfortable points buffer for Tier III. Nightmare Zone itself requires **5 of 43 eligible quests completed** to enter - confirm this is already done.

FLAGSHIP ROUTE

TIER III - NIGHTMARE ZONE (AGGRESSIVE, ABSORPTION + OVERLOADS)

P2P

70 → 99



METHOD

1 HP + Absorption potions on easy melee bosses (Rock Golem etc.); Overloads optional for points income



LOCATION

Nightmare Zone, Yanille

EST. TIME (THIS TIER)

~123-205 hrs

REQUIREMENTS

Entry: 5 of 43 eligible quests completed. No stat/skill requirement to buy Absorption (1,000 pts/dose) or Overload (1,500 pts/dose) - just banked points and 51+ HP to safely drink an Overload.

RATE

~60,000-100,000 xp/hr (approximate, community-sourced)

Levels 70-99 alone need ~12.3 million xp (~94% of the whole skill), which is why this single tier dominates the total time. AFK cycle length is potion-dependent: **Absorption alone** (no Overload) allows up to ~20 minutes away from keyboard; adding **Overloads** shortens that to ~5 minutes per cycle in exchange for far higher points income (~250k points/hr on hard rumble) - it trades AFK time for reward-point supply, not a straightforward xp upgrade.

Combat Style Reminder

Every method on this page trains Strength only when the **Aggressive** combat style is manually selected in the combat tab - the default Controlled/Accurate styles split xp across Attack, Strength and Defence instead. Double-check this setting after any weapon swap, since some weapons reset it.



QUICK-REFERENCE RECAP

Combined Estimate

The **F2P route runs ~520–870 hours** end to end with no upgrade path available. The **P2P route runs ~140–245 hours** end to end - recalculated tier-by-tier against the real xp table, since levels 70–99 alone hold ~94% of the skill's total xp. Nightmare Zone is semi-AFK rather than fully hands-off (5–20 minute cycles depending on setup), but it is still by far the more time-efficient path for anyone who can afford membership.

Choosing Your Route

If membership is even a short-term option, take the P2P route - it finishes roughly **3–4x faster** than the F2P grind despite the higher up-front cost, and a single month of membership (or a Bond bought with in-game gold) easily pays for itself in saved hours. Players committed to a permanent F2P account should treat the Cows-to-Giants ladder as a background activity to run alongside other training rather than a dedicated session.

Common Mistakes

Forgetting to reselect **Aggressive combat style** after a weapon or armour swap is the single most common error on this route - it silently redirects xp into Attack or Defence instead. On the F2P route, be aware that Moss Giants sit inside the Wilderness: staying past level 20 wilderness risks being skulled and PKed by other players, so watch the wilderness level indicator.

Related Skills

Attack and Defence use these exact same training spots (Sand Crabs, Nightmare Zone, and the F2P Cows-to-Giants ladder) - only the combat style differs. Hitpoints trains passively throughout every tier on this page regardless of which route or combat style is chosen, so no separate Hitpoints plan is needed alongside this one.

Ironman & Group Ironman Notes

Both routes work unchanged for Ironman accounts - every method here relies on self-obtained kills and self-farmed potions rather than Grand Exchange purchases, so there is no gold-reliant step to substitute. Group Ironman teams can freely split between the F2P and P2P routes per member if membership status differs within the group.

ICON	TIER	LEVEL RANGE	REQUIREMENT	LOCATION	RATE (XP/HR)	EST. TIME
	F2P - Cows → Hill/Moss Giants	1-99	None (F2P)	Lumbridge / Al Kharid / Edgeville / Wilderness	~6-25k/hr	~520-870 hrs
	P2P I - Sand & Ammonite Crabs	1-40	Members	Hosidius / Fossil Island	~8-20k/hr	~2-5 hrs
	P2P II - Crabs + NMZ Points	40-70	Members	Hosidius / Yanille	~20-45k/hr	~16-35 hrs
	P2P III - Nightmare Zone (Overloads)	70-99	Members, 5/43 quests for entry	Yanille	~60-100k/hr	~123-205 hrs

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 method.

- OSRS Wiki - Strength training
- OSRS Wiki - Sand crab
- OSRS Wiki - Ammonite crab
- OSRS Wiki - Nightmare Zone
- OSRS Wiki - Dom Onion's Reward Shop
- OSRS Wiki - Hill giant
- OSRS Wiki - Moss giant
- OSRS Wiki - Combat styles
- OSRS Wiki - Wilderness