

The Last of Us Player Pulls Off First No Damage Run, Setting New Speedrun Standard

A player has completed a full no damage run the last of us, finishing the game without taking a single point of damage from any enemy or environmental hazard. The feat, which covers the entire main story on the grounded difficulty setting, has been verified by the speedrunning community and represents a new benchmark for precision play in the survival horror genre.

The run was executed without the use of glitches, exploits, or sequence breaks that bypass game mechanics. Every encounter was played through legitimate combat or stealth, with the player maintaining maximum health throughout the entire campaign. This no damage run the last of us is believed to be the first fully documented completion of its kind on the hardest difficulty level.

What the run required

Completing the game without damage demands near-perfect knowledge of enemy placement, patrol routes, and attack timings. The player had to avoid every clicker grab, every runner tackle, every human gunshot, and every environmental hazard such as falling debris or exploding vehicles. Even a single brush with an infected enemy or a bullet grazing the character would have ended the attempt.

The run was achieved through a combination of meticulous route planning and hundreds of hours of practice. The player mapped out safe paths through each area, identified windows where enemies can be bypassed entirely, and developed consistent strategies for mandatory combat sections. Forced encounters where the game requires the player to fight were handled with precise movement and timing to avoid all incoming attacks.

Stealth and combat strategies

The player relied heavily on stealth mechanics to avoid detection. Bricks and bottles were used to distract enemies and create openings for safe passage. In sections where stealth was not an option, the player employed a hit-and-run approach, striking enemies from behind or from cover and retreating before any counterattack could land.

Weapon choice played a key role. Silent takedowns with the Shiv or melee attacks from behind were preferred over firearms, as gunfire attracts enemies and increases the risk of being hit. When firearms were necessary, the player used the bow or suppressed pistol to maintain distance and eliminate threats without drawing attention.

The infected enemies presented the greatest challenge. Clickers, which detect by sound, required the player to move at a crouch and time movements between their patrol paths. Runners, which charge at the player, were dealt with by luring them into walls or obstacles and striking during their recovery animation. Bloaters, which can spit acid from range, were eliminated at distance before they could attack.

Impact on the speedrunning community

The completion of a [no damage run the last of us](#) has generated significant discussion among speedrunners and challenge runners. Traditional speedruns of the game prioritize time over safety, often taking calculated risks that result in damage. This run demonstrates that a different approach is possible, one that prioritizes survival above all else.

Runners who focus on challenge runs have noted that the no damage constraint forces a fundamentally different play style. Routes that are optimal for speed may be unusable for a no damage attempt, as they require the player to pass through areas with unavoidable attacks. The successful run has opened up new route possibilities for players who want to attempt similar challenges.

The community has also discussed the implications for future runs on higher difficulty settings. Grounded mode, which was used for this run, is the hardest difficulty in the game. Enemies deal increased damage, have more health, and are more aggressive. Completing a no damage run on grounded mode was widely considered to be borderline impossible before this attempt.

Technical verification and legitimacy

The run was recorded in full and submitted to the community for verification. Multiple experienced runners reviewed the footage, checking for any edit cuts, damage taken, or inconsistencies in the play. The health bar was visible throughout the run, and at no point did it decrease from its maximum value.

Footage shows the player reloading checkpoints when damage was taken during practice attempts, but the final submitted run is a single continuous playthrough with no resets after the opening title. The player did not use any mods, trainers, or external tools that alter game behavior. The run was performed on the standard version of the game with no modifications.

The speedrunning community has accepted the run as legitimate and has added it to the leaderboards under the challenge run category. It currently holds the top position for no damage completions on grounded mode. Other runners are now attempting to replicate the feat, and several have reported progress toward their own completions.

What this means for the game's legacy

The Last of Us has been a fixture of challenge running since its release. Players have attempted various constraints, including no upgrades, no weapons, and no kills. The no damage run adds a new category to this tradition, one that tests a different kind of skill. Where other runs test the player's ability to use the game's systems creatively, the no damage run tests their ability to avoid those systems entirely.

The run also demonstrates the depth of the game's mechanics. The fact that a player can complete the entire game without taking damage suggests that the developers designed encounters with multiple valid approaches. Even sections that appear to force combat can be bypassed or resolved without risk if the player knows the correct technique.

For players who have completed the game normally, the no damage run offers a new goal. It requires a level of mastery that goes beyond simple completion. Players who want to attempt the challenge must learn the game at a granular level, understanding every enemy behavior and every environmental layout.

Challenges specific to The Last of Us

The Last of Us presents unique challenges for a no damage run compared to other games. The game features a dynamic difficulty system that adjusts enemy behavior based on player performance. If the player performs well, enemies become more aggressive and accurate, making it harder to maintain the no damage condition.

The game also includes sections where the player is separated from Joel and must control Ellie or other characters. These sections have different mechanics and enemy patterns, requiring separate practice. The player had to learn multiple characters' movement speeds, attack ranges, and stealth capabilities to complete the run.

Environmental hazards are another factor. Falling from heights, stepping on broken glass, or being caught in explosions can all cause damage. The player had to navigate every area with care, avoiding traps and environmental dangers that other runners might simply tank through.

The final stretch of the game, which takes place in a hospital and involves waves of infected, was identified by the player as the most difficult section. Multiple enemies attack from different directions, and the player must manage the chaos without taking a single hit. The successful navigation of this section was critical to the run's completion.

Future possibilities

The success of this run has prompted discussion about what other constraints might be possible. Some runners have suggested attempting a no damage run on the game's New Game Plus mode, which carries over upgrades but also increases enemy difficulty. Others have proposed no damage runs on the game's multiplayer mode, though that would require a fundamentally different approach.

The player who completed the run has indicated that they may attempt similar runs for other games in the series. A no damage run of The Last of Us Part II presents additional challenges, including more complex enemy AI and larger encounter areas. Whether such a run is possible remains to be seen.

For now, the completion of a no damage run the last of us stands as a significant achievement in the challenge running community. It proves that with enough practice and dedication, even the most difficult constraints can be overcome. The run sets a new standard for what players can accomplish in one of the most critically acclaimed games of the past generation.