

A close-up photograph of a man's face above the water surface. He is smiling slightly and looking towards the right. He has dark hair and is wearing clear swimming goggles with blue lenses on his forehead. The water is a clear, bright blue, and his face is reflected in the calm surface below him.

Christopher

swam a half mile
in 17 minutes

Find Your Fitness

Christopher York was not a swimmer two years ago. The best he could do was tread water. Now he swims circles around competitors in triathlons.

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