

# CHARLIE TALKS

MARCH 2010

## Adjusting to temporary retirement

After 22 Ironman races over the past 7 years, this year is a [temporary break](#) that I felt I needed. Since the start of the year I've been experiencing mixed emotions. Dec and Jan were fun- I trained when I felt like it. But the fun of the freedom wore off in Feb. I felt like a blob. The Noosa summer sees triathlete super stars arrive from all over the World. I was watching my Noosa friends getting faster and heading off to races around the world. I missed feeling fit and lean too.

But I got over it, picked up the training just a little, and reminded myself that this is by choice. I've a new appreciation of just how fit I was. I'm now training 12 hours p/w instead of 25. I'm still fit-just not ridiculously fit! I get excited and inspired by the success of my friends, and enjoy going nuts as a spectator. And finally I have time to do projects like this. Life is good, just different!

### Blog...

[The China Challenge ... read more](#)

[My biggest fear is ... read more](#)

[Race recommendations ... read more](#)

[Jaime Oliver's wish ... read more](#)

### For sale ...

My husband's Kestrel Airfoil Pro SLSE 50cm, [contact me for details](#)

### Cool gear



My "Charlie talks" subscribers are privileged to receive this exclusive offer-

15% off at [Scody Online Store](#).  
Use the discount code CP10

A personal favorite,  
*"You are today where your thoughts have brought you, you will be tomorrow where your thoughts take you"* James Allen



## What's coming next?

Welcome to my long overdue "newsletter-type-thingy". I'm hesitant to define exactly what this is, as it will largely be determined by you, the reader. Total waste of time me writing for me. You are my audience, and this is for you. So please be vocal and tell me what you think!

I'll be writing once a month- that much I do know. My idea is to include videos, interesting stories, recipes, books, exclusive offers from my sponsors, tips and generally stuff to help you enjoy the triathlon lifestyle to the full.

Triathlon days are happy days. Be your very best.

Charlotte

Send your feedback to me [HERE](#).

### Watch this



[Click here](#) for a video from my husband Kristian Manietta of Trigger Point Performance Australia showing how to get over pesky ITB pain that so many triathletes suffer from.

### Try this



New discovery this month, this scrumptious pizza is made with an almond meal base and is packed full of nutrients. Since I've had so many requests on Twitter, [here is the recipe](#).