What's the Best Day to Publish a Podcast?

2022 Report
When should you release your podcast?

It's time to put an end to the guessing game.

To find out when podcasts release episodes, we examined data collected by Podchaser over six months across the top 50K podcasts.

We then segmented podcast episode release data by category and the number of podcasts with at least one episode published on that day to refine the analysis further.

Using our podcast episode release data,podcasters, podcast networks, and advertisers can better understand listener habits and identify content gaps in the market.
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- Religion & Spirituality Podcasts
- Science Podcasts
- Sports Podcasts
- Society & Culture Podcasts
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- TV & Film Podcasts
- Final Thoughts
What day of the week do podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows podcast data for all categories.

Source: Podchaser 2022.
What day of the week do podcasts publish episodes?

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows podcast data for all categories.

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows podcast data for all categories.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows podcast data for all categories. Source: Podchaser 2022. Values rounded to the nearest tenth.
Total Podcasts with 1+ Episodes Published on That Day

ALL CATEGORIES

Monday 17.0%
Tuesday 17.4%
Wednesday 17.4%
Thursday 17.4%
Friday 16.3%
Saturday 7.1%
Sunday 7.8%

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows podcast data for all categories. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do Business podcasts publish episodes?

Methodology
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Business podcast data.

Source: Podchaser 2022.

Total episodes released by Business podcasts
What day of the week do Business podcasts publish episodes?

![Chart showing the number of Business podcasts published on each day of the week]

**Methodology**

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Business podcast data.

**Source:** Podchaser 2022.

- **Total Business podcasts with at least one episode released on that day**
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Business podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Business podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do Comedy podcasts publish episodes?

Methodology
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Comedy podcast data.

Source: Podchaser 2022.
What day of the week do Comedy podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Comedy podcast data.

Source: Podchaser 2022.
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We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Comedy podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do Education podcasts publish episodes?

**Methodology**

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Education podcast data.

Source: Podchaser 2022.
What day of the week do Education podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Education podcast data.

Source: Podchaser 2022.
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What day of the week do Government podcasts publish episodes?

<table>
<thead>
<tr>
<th>Day</th>
<th>Episodes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7,500</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5,000</td>
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<tr>
<td>Wednesday</td>
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<td>Thursday</td>
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</tr>
<tr>
<td>Friday</td>
<td>0</td>
</tr>
<tr>
<td>Saturday</td>
<td>0</td>
</tr>
<tr>
<td>Sunday</td>
<td>0</td>
</tr>
</tbody>
</table>

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Government podcast data.

Source: Podchaser 2022.
What day of the week do Government podcasts publish episodes?

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We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Government podcast data.

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We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Government podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
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What day of the week do Health & Fitness podcasts publish episodes?

Methodology
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Health & Fitness podcast data.

Source: Podchaser 2022.
What day of the week do Health & Fitness podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Health & Fitness podcast data.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Health & Fitness podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Health & Fitness podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do History podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows History podcast data.

Source: Podchaser 2022.
What day of the week do History podcasts publish episodes?

<table>
<thead>
<tr>
<th>Day</th>
<th>Total History podcasts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1,250</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1,000</td>
</tr>
<tr>
<td>Wednesday</td>
<td>750</td>
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<tr>
<td>Thursday</td>
<td>500</td>
</tr>
<tr>
<td>Friday</td>
<td>250</td>
</tr>
<tr>
<td>Saturday</td>
<td>100</td>
</tr>
<tr>
<td>Sunday</td>
<td>75</td>
</tr>
</tbody>
</table>

**Methodology**

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows History podcast data.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows History podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows History podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do Kids & Family podcasts publish episodes?

![Bar chart showing the total episodes released by Kids & Family podcasts by day of the week. Monday has the highest number, followed by Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday with the lowest number.]

**Methodology**

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Kids & Family podcast data.

Source: Podchaser 2022.
What day of the week do Kids & Family podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Kids & Family podcast data.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Kids & Family podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Kids & Family podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do **Music** podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Music podcast data.

Source: Podchaser 2022.
What day of the week do Music podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Music podcast data.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Music podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
Total Podcasts with 1+ Episodes Published on That Day

MUSIC

- Monday: 16.3%
- Tuesday: 15.8%
- Wednesday: 15.6%
- Thursday: 15.6%
- Friday: 16.0%
- Saturday: 10.0%
- Sunday: 10.6%

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Music podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do **News** podcasts publish episodes?

![Bar chart showing total episodes released by News podcasts per day of the week]

**Methodology**

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows News podcast data.

Source: Podchaser 2022.
What day of the week do News podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows News podcast data.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows News podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
Total Podcasts with 1+ Episodes Published on That Day

**NEWS**

- Monday: 15.9%
- Tuesday: 16.4%
- Wednesday: 16.8%
- Thursday: 17.0%
- Friday: 16.6%
- Saturday: 9.0%
- Sunday: 8.3%

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows News podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do Religion & Spirituality podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Religion & Spirituality podcast data.

Source: Podchaser 2022.
What day of the week do Religion & Spirituality podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Religion & Spirituality podcast data.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Science podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Science podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do Science podcasts publish episodes?

Methodology
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Science podcast data.

Source: Podchaser 2022.
What day of the week do Science podcasts publish episodes?

Methodology

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What day of the week do Society & Culture podcasts publish episodes?

Methodology

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Source: Podchaser 2022.
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What day of the week do Sports podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Sports podcast data.

Source: Podchaser 2022.
What day of the week do **Sports** podcasts publish episodes?

![Bar chart showing the number of Sports podcasts with at least one episode released on each day of the week.](chart)

**Methodology**

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Sports podcast data.

Source: Podchaser 2022.
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Sports podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
Total Podcasts with 1+ Episodes Published on That Day

**SPORTS**

- **Monday**: 16.0%
- **Tuesday**: 16.7%
- **Wednesday**: 16.8%
- **Thursday**: 16.8%
- **Friday**: 15.6%
- **Saturday**: 9.1%
- **Sunday**: 9.0%

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Sports podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.
What day of the week do Technology podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Technology podcast data.

Source: Podchaser 2022.
What day of the week do Technology podcasts publish episodes?

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We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Technology podcast data.

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What day of the week do True Crime podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows True Crime podcast data.

Source: Podchaser 2022.
What day of the week do True Crime podcasts publish episodes?

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What day of the week do TV & Film podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows TV & Films podcast data.

Source: Podchaser 2022.
What day of the week do **TV & Film** podcasts publish episodes?

Methodology

We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows TV & Film podcast data.

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