



# 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.

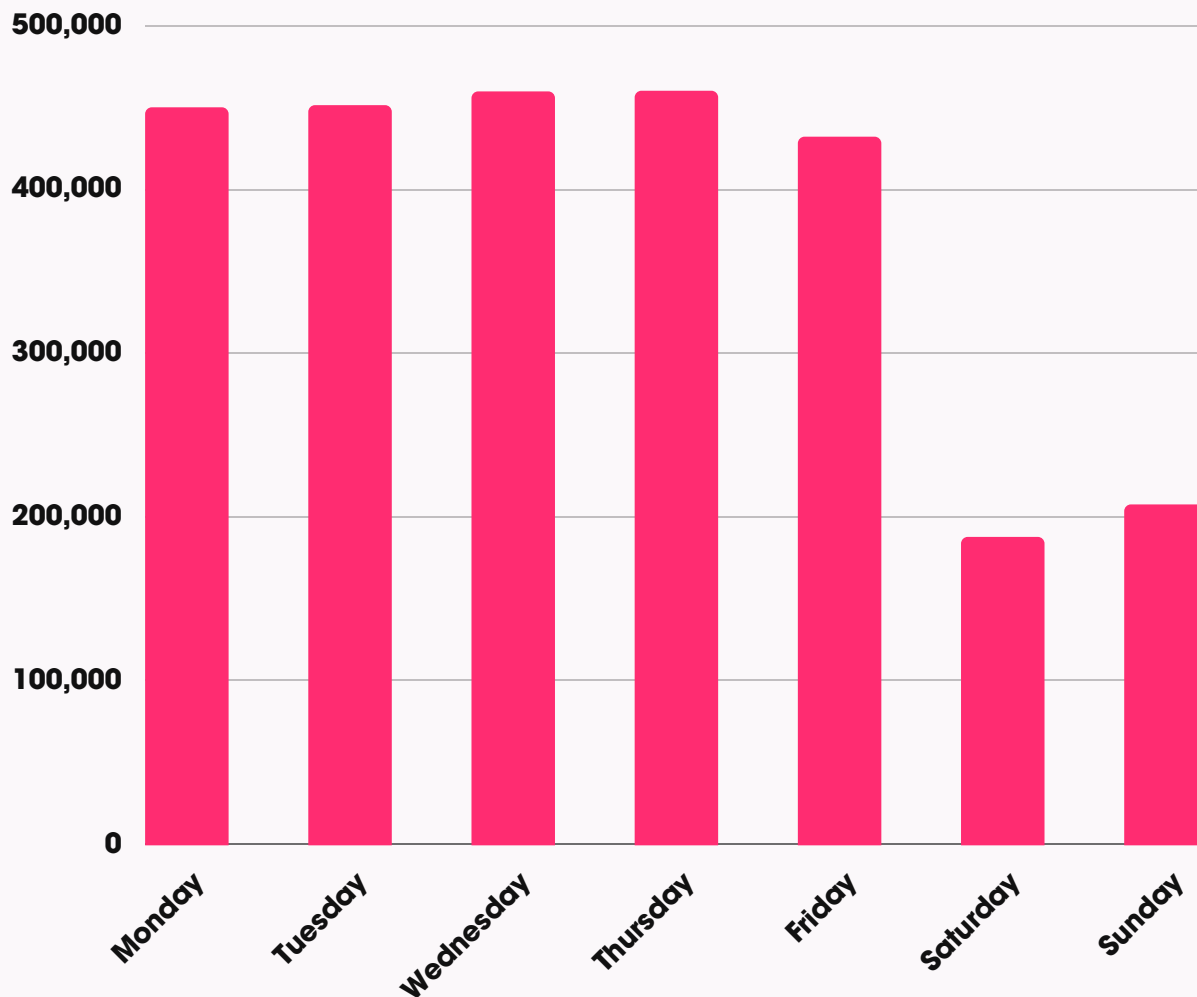
We then segmented podcast episode release data by category and the number of podcasts with at least one episode published on that day to refine the analysis further.

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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- **Kids & Family Podcasts**
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- **Technology Podcasts**
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# What day of the week do podcasts publish episodes?



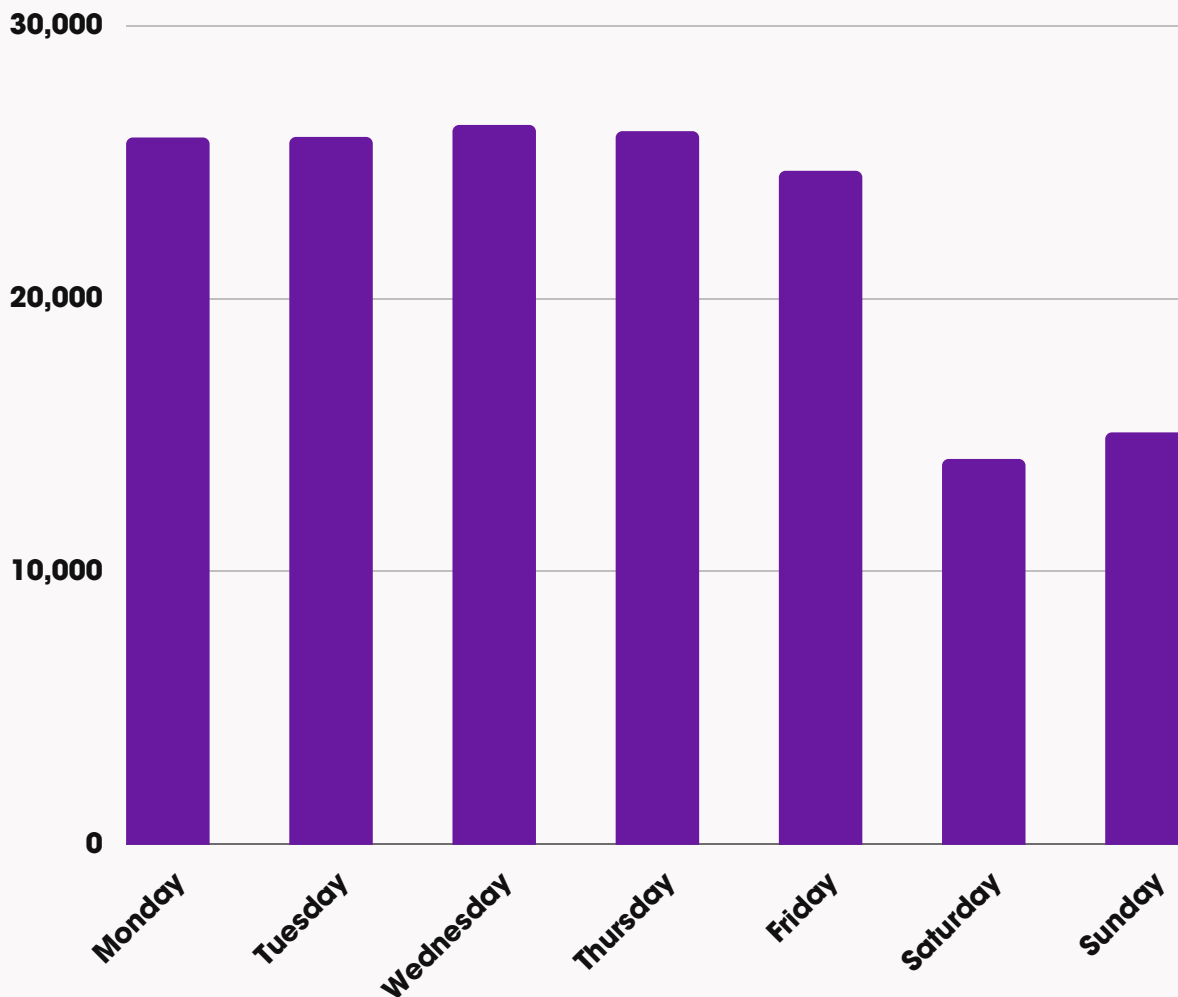
## Methodology

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.

 Total episodes released for all podcast categories


# What day of the week do podcasts publish episodes?



## Methodology

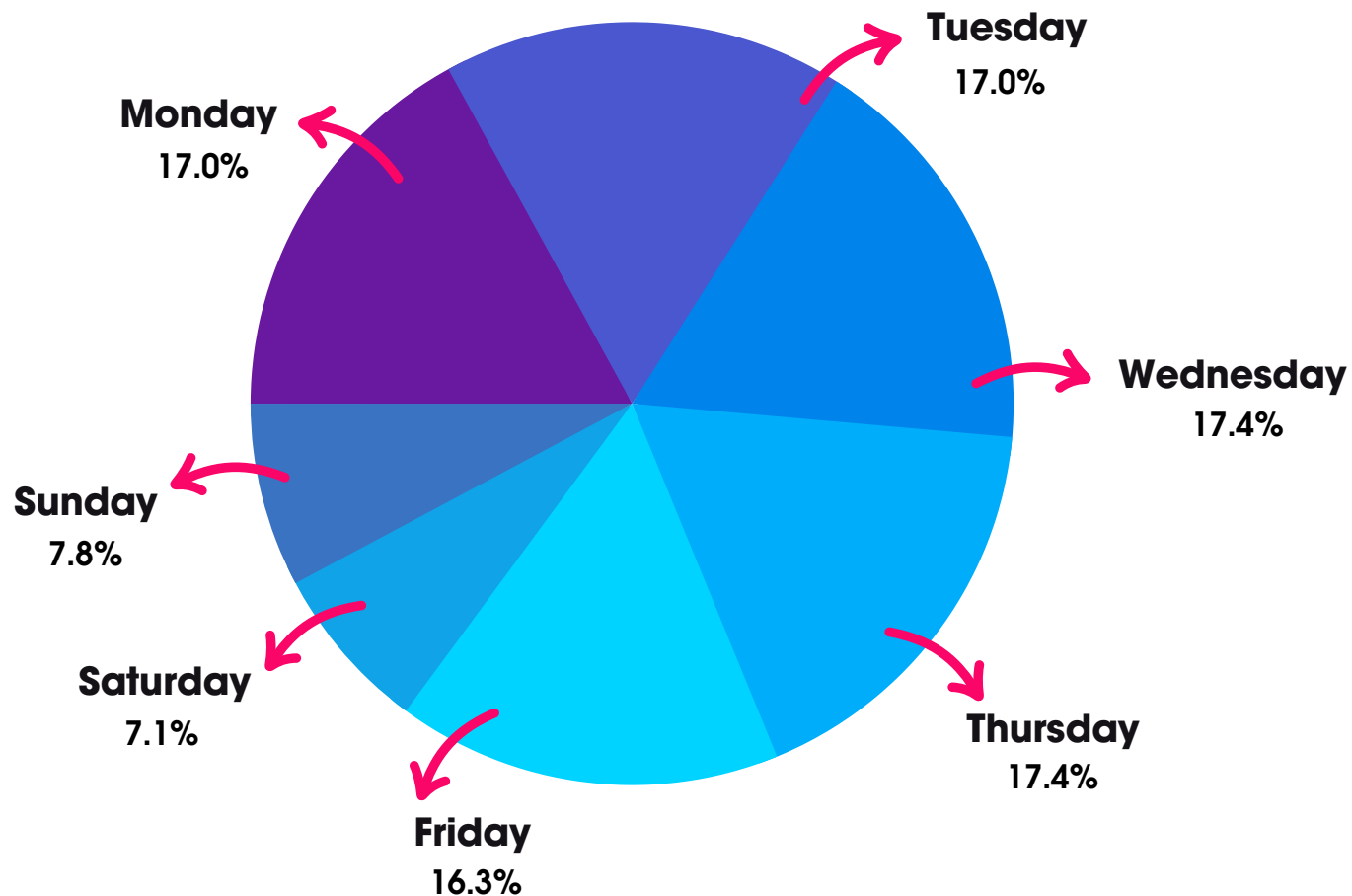
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows podcast data for all categories.

Source: Podchaser 2022.

 Total podcasts with at least one episode released on that day

## Podcast Episode Release Days

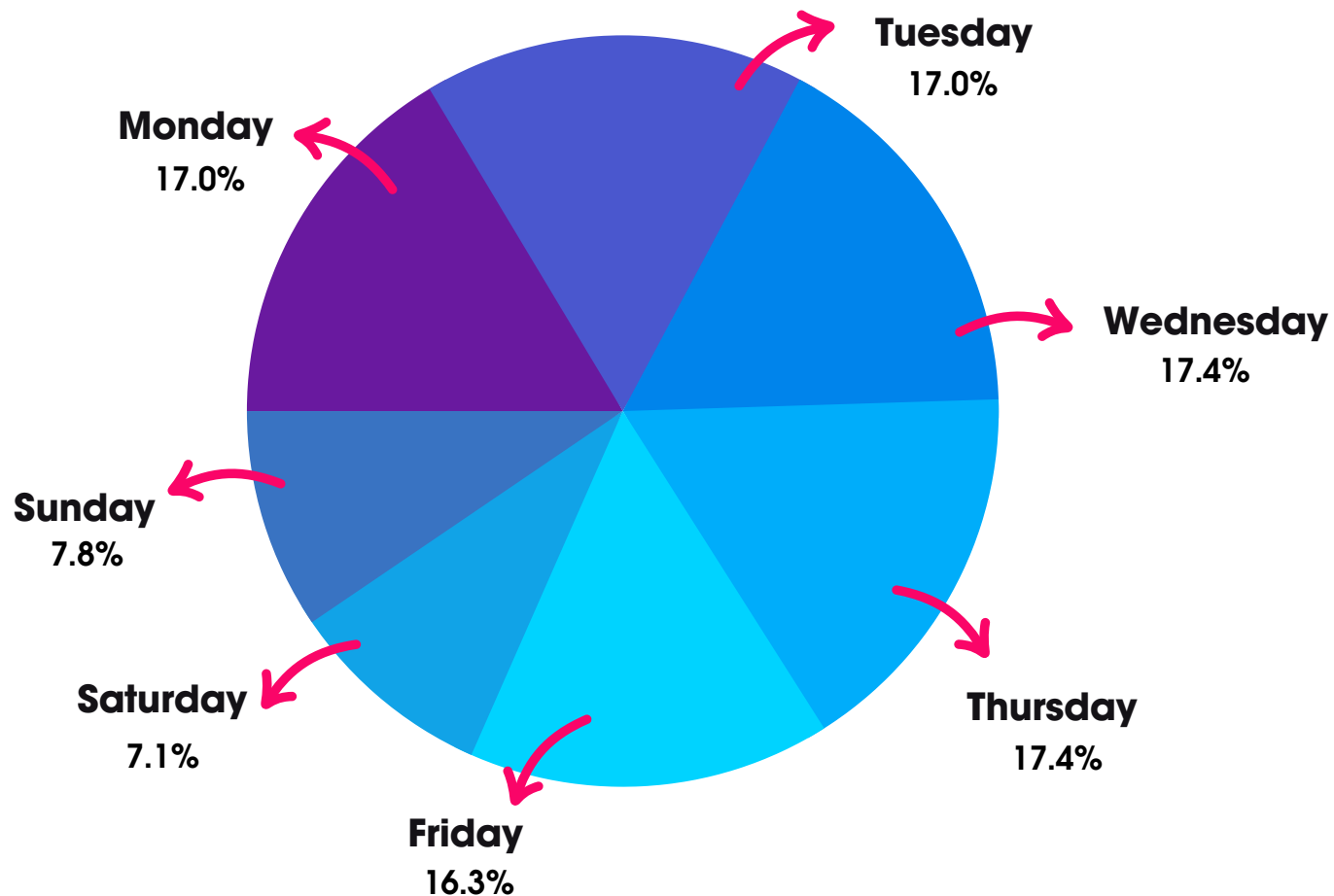
# ALL CATEGORIES



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.

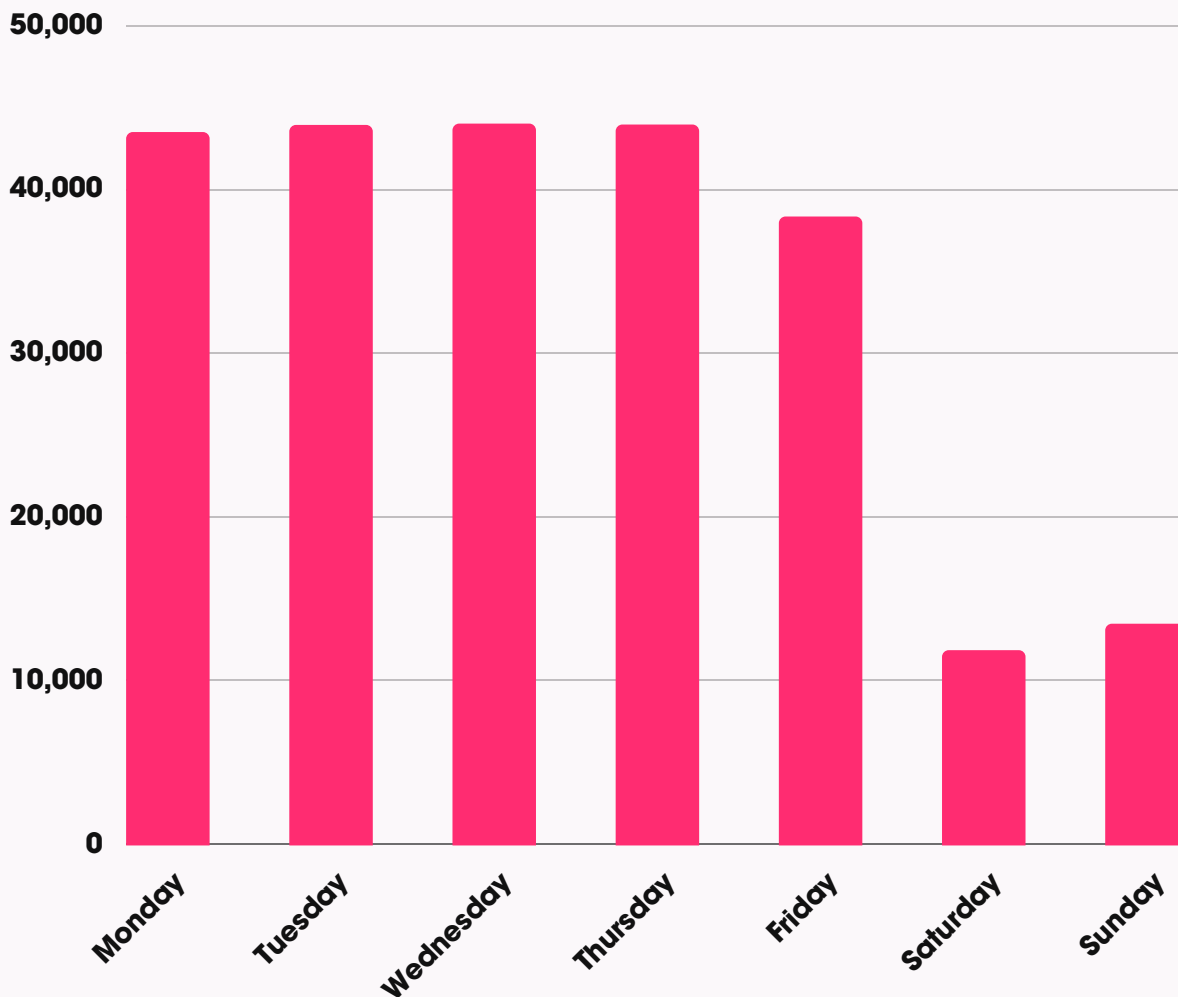
# Total Podcasts with 1+ Episodes Published on That Day

## ALL CATEGORIES



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

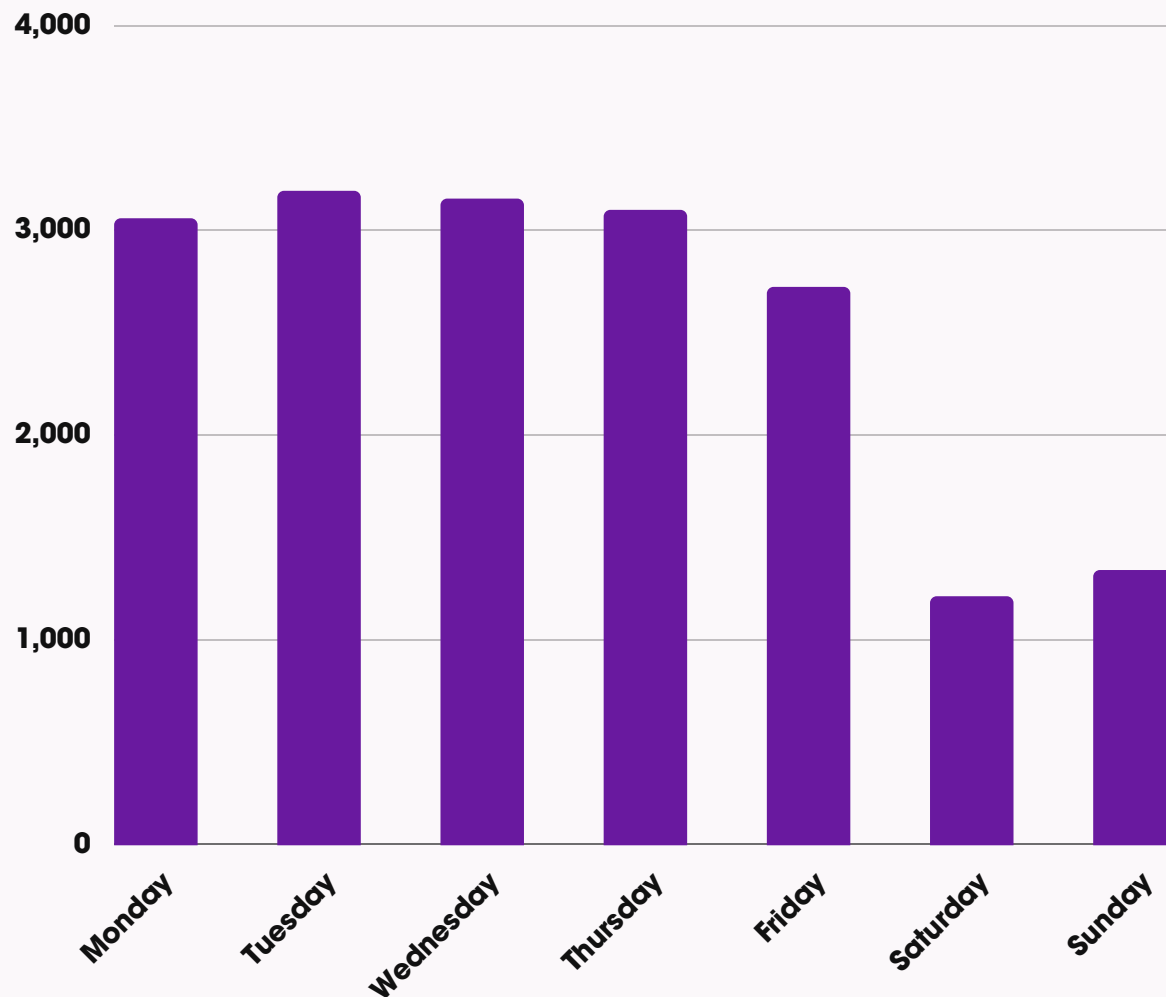
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Business podcast data.

Source: Podchaser 2022.

 Total episodes released by Business podcasts




# What day of the week do **Business** podcasts publish episodes?



## Methodology

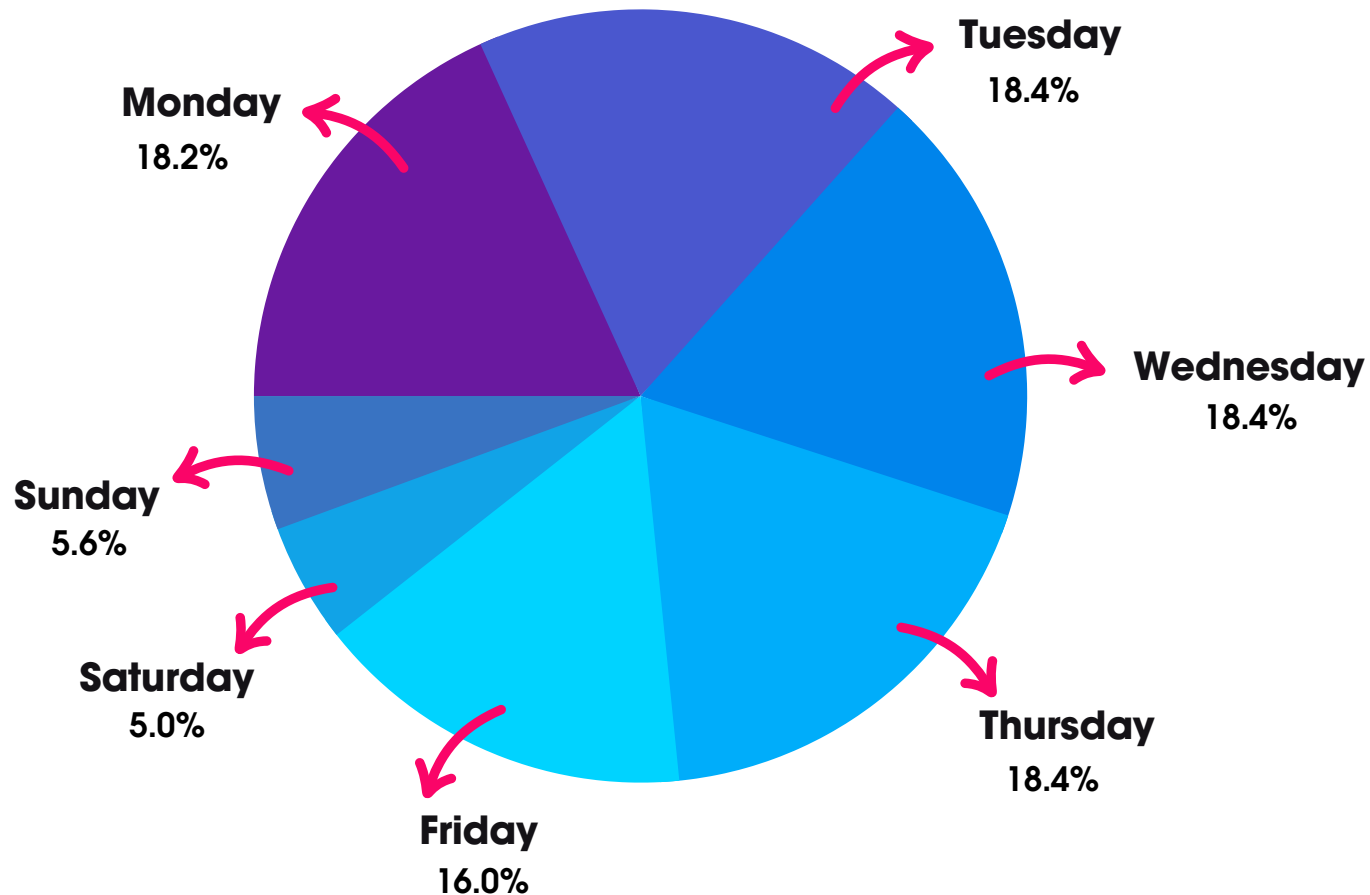
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Business podcast data.

Source: Podchaser 2022.

 **Total Business podcasts with at least one episode released on that day**

## Podcast Episode Release Days

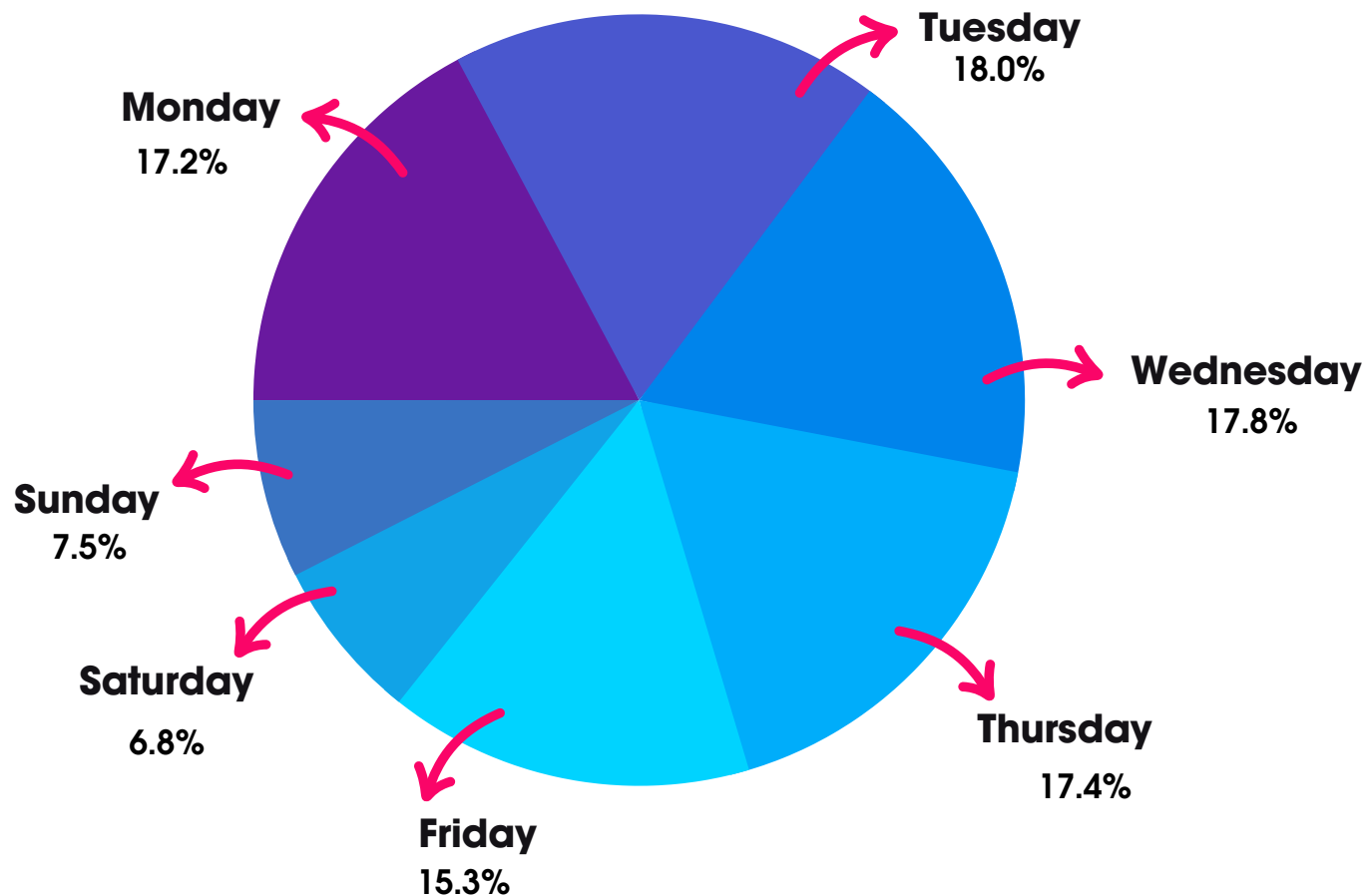
# BUSINESS



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.

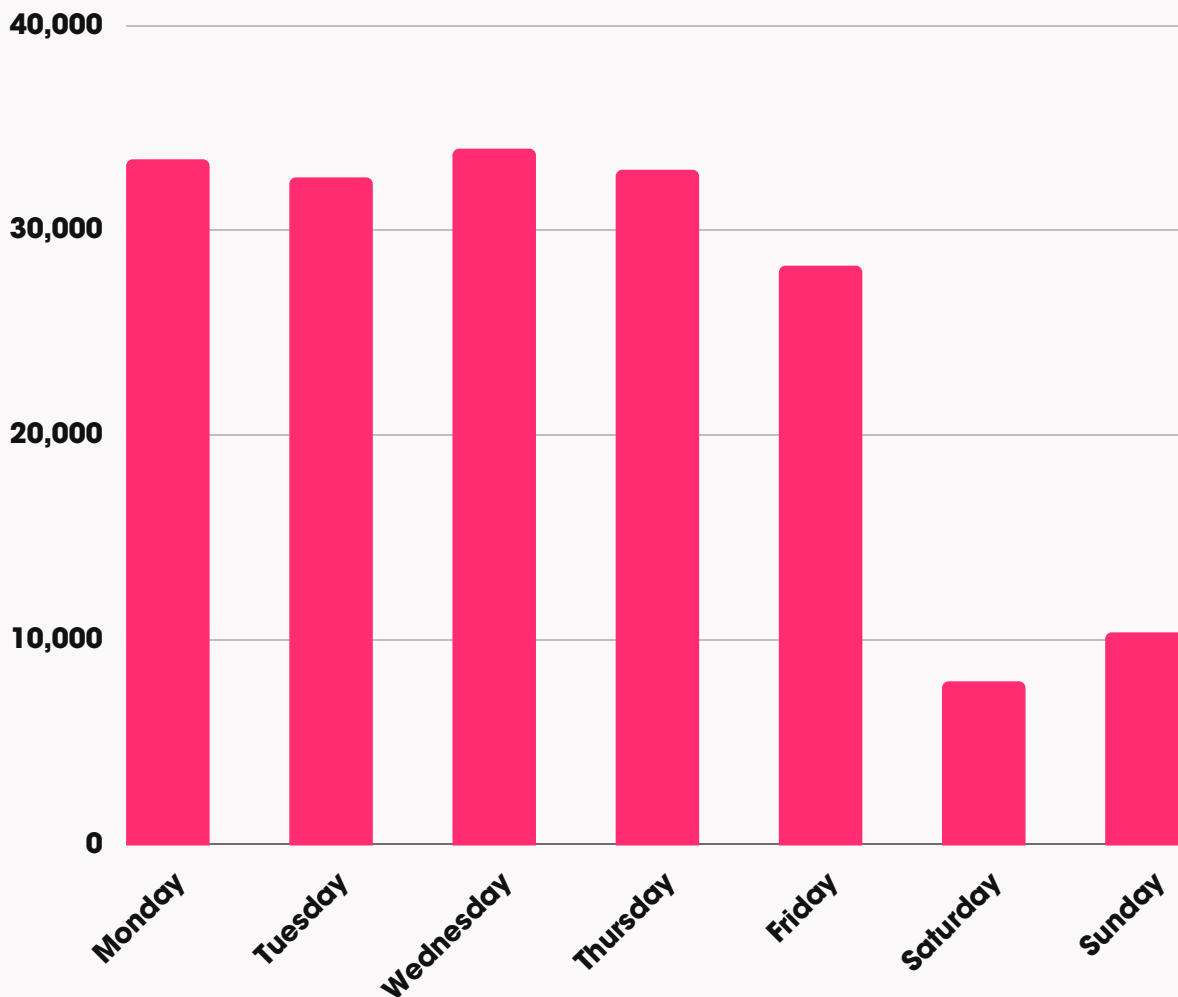
# Total Podcasts with 1+ Episodes Published on That Day

## BUSINESS



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?



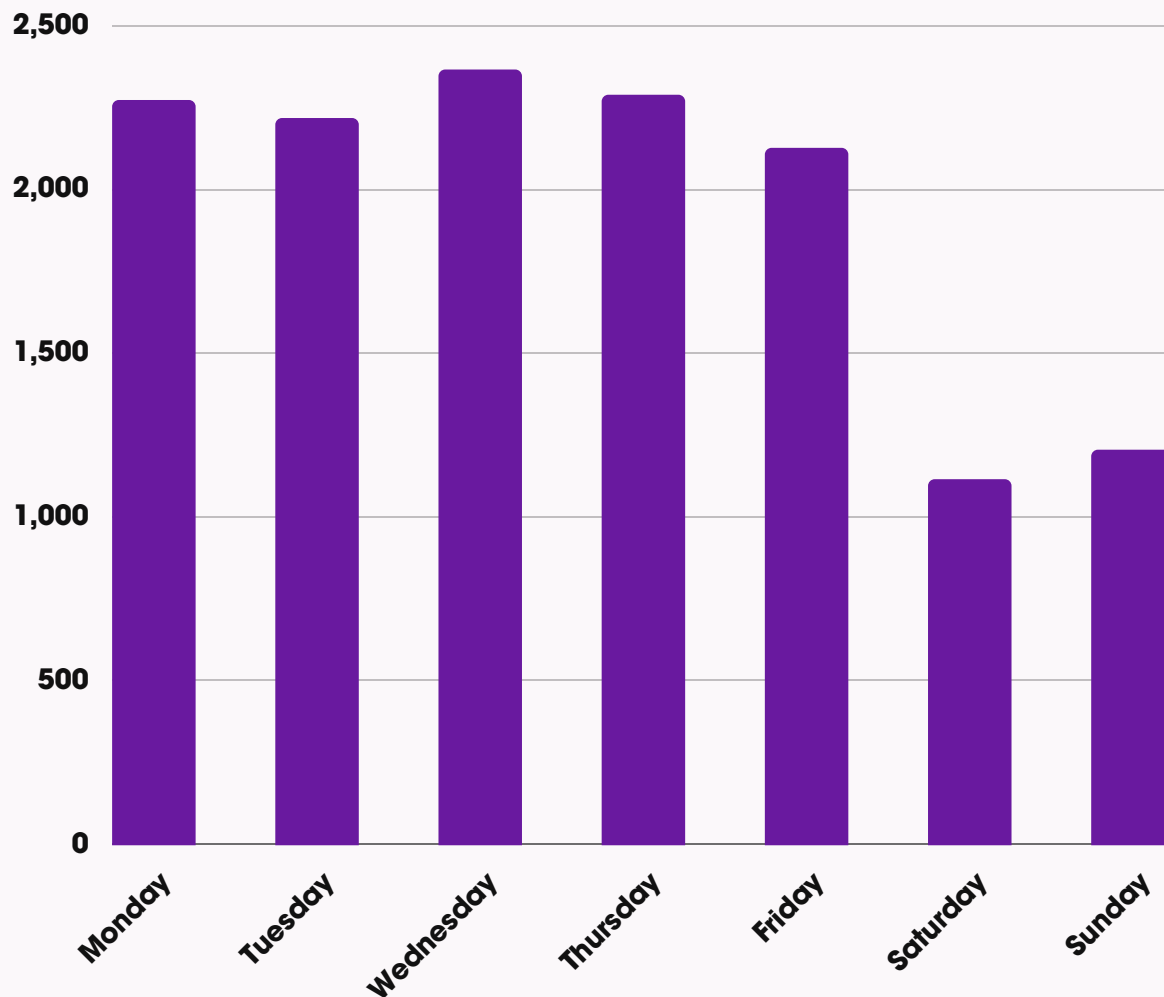
## Methodology

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.

 Total episodes released by Comedy podcasts


# What day of the week do Comedy podcasts publish episodes?



## Methodology

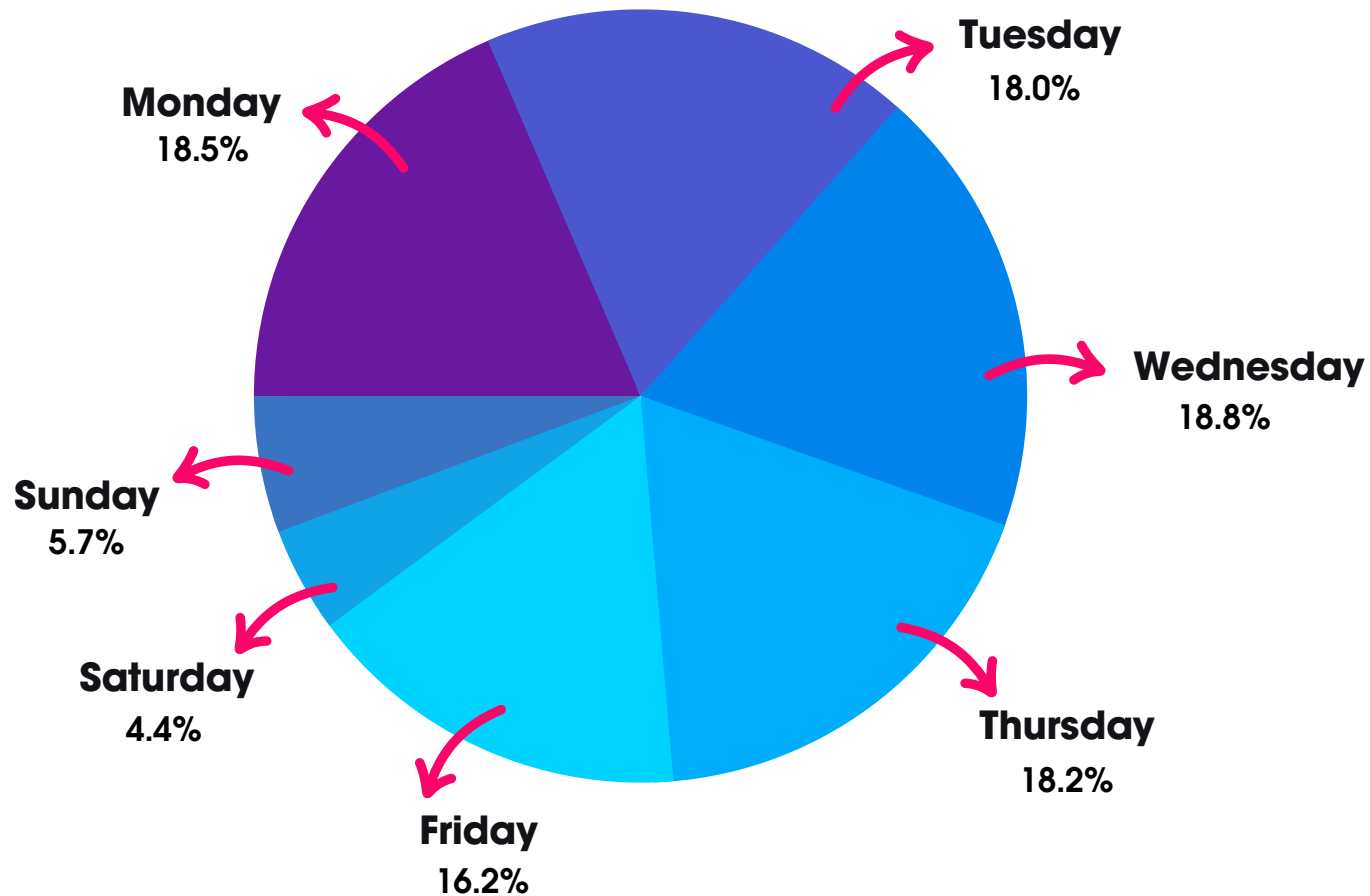
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Comedy podcast data.

Source: Podchaser 2022.

 **Total Comedy podcasts with at least one episode released on that day**

## Podcast Episode Release Days

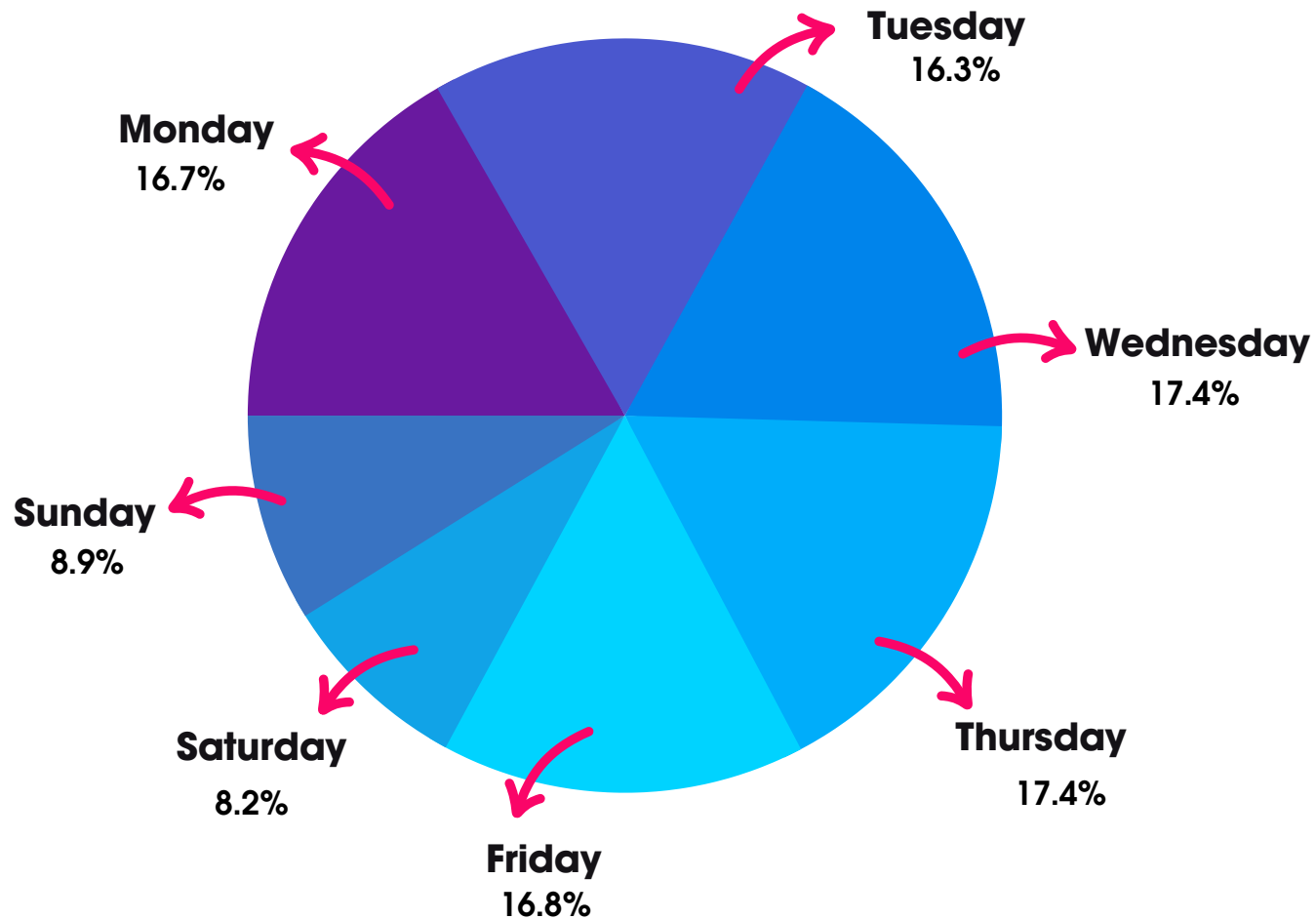
# COMEDY



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.

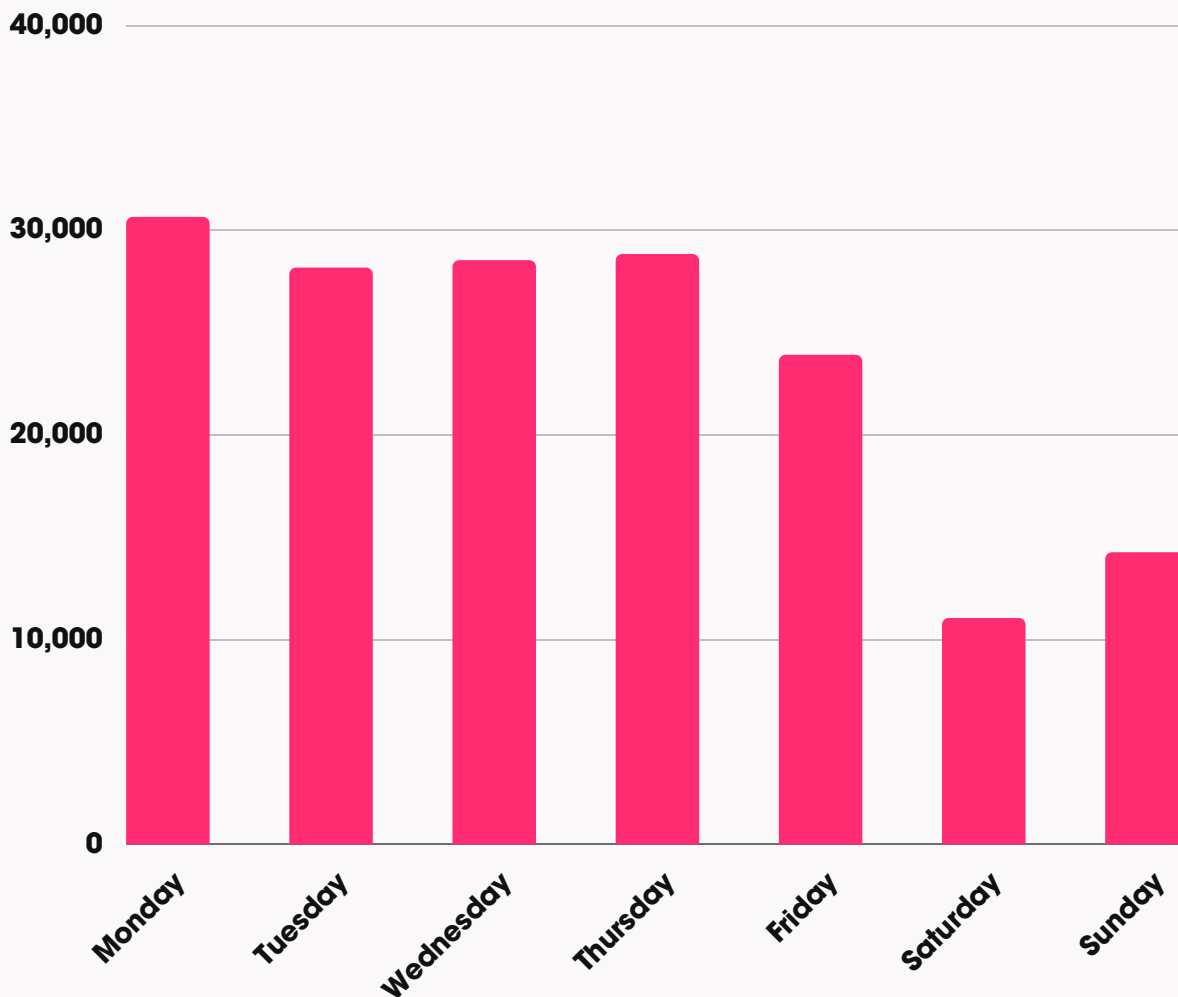
# Total Podcasts with 1+ Episodes Published on That Day

## COMEDY



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

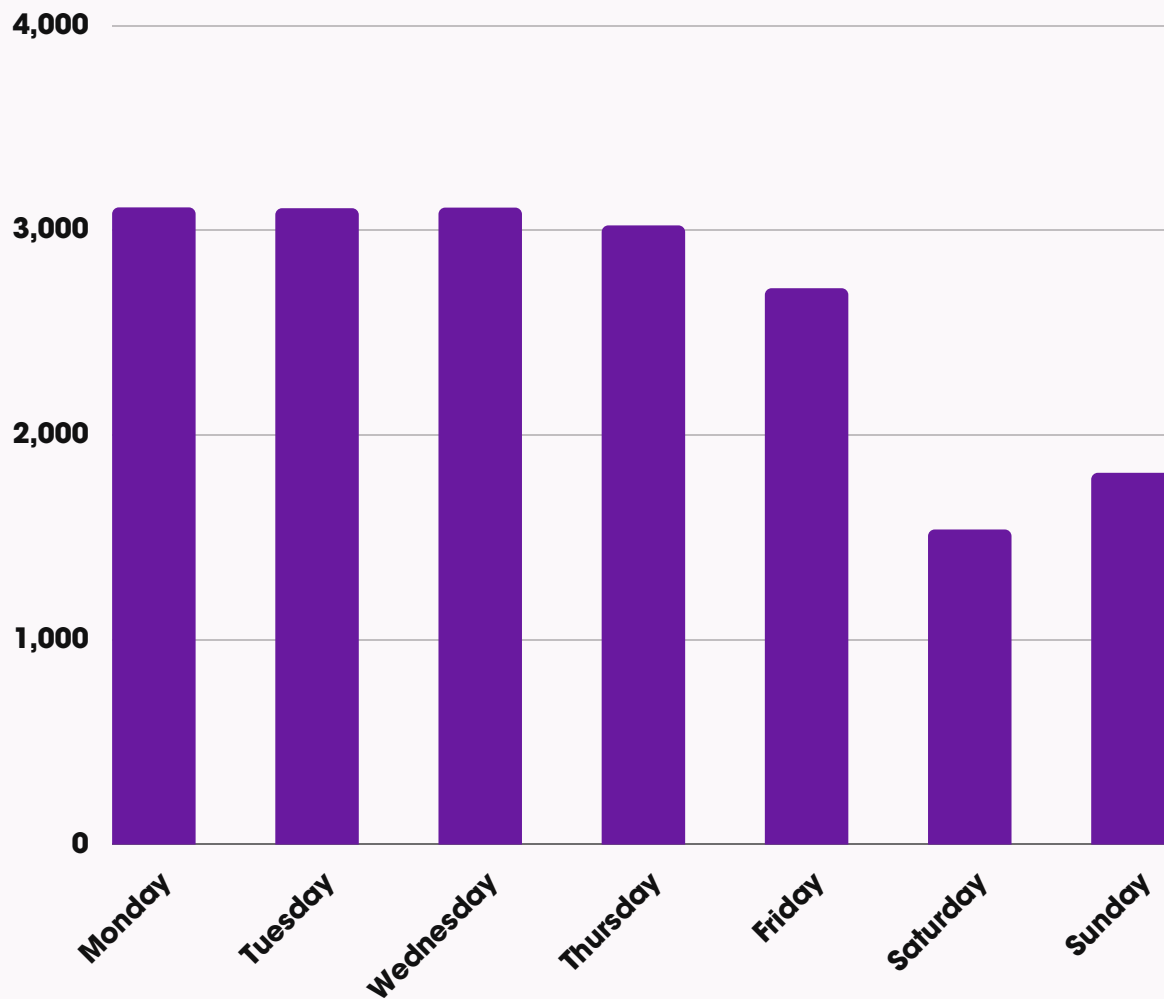
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Education podcast data.

Source: Podchaser 2022.

 Total episodes released by Education podcasts




# What day of the week do Education podcasts publish episodes?



## Methodology

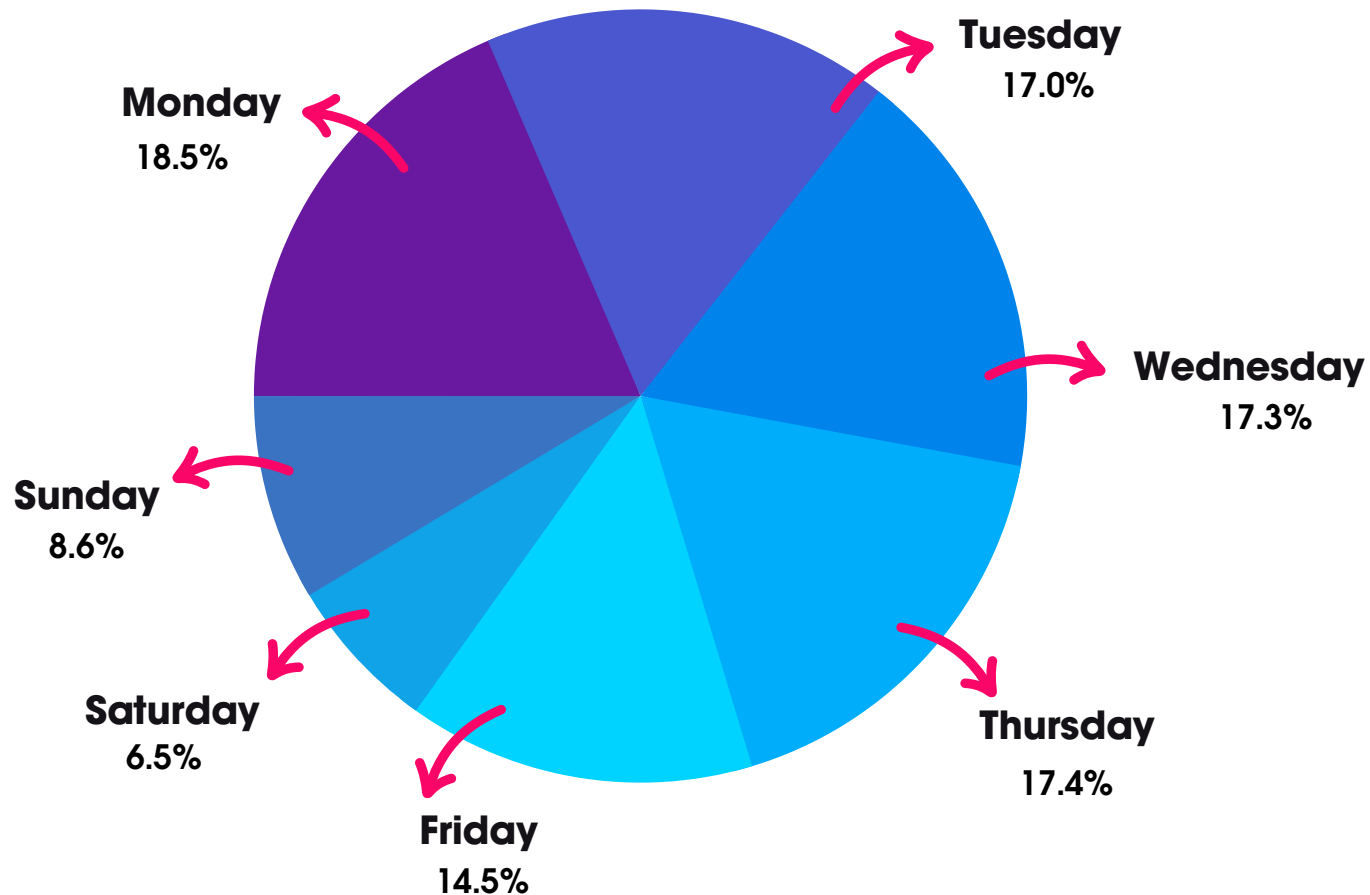
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Education podcast data.

Source: Podchaser 2022.

 Total Education podcasts with at least one episode released on that day

## Podcast Episode Release Days

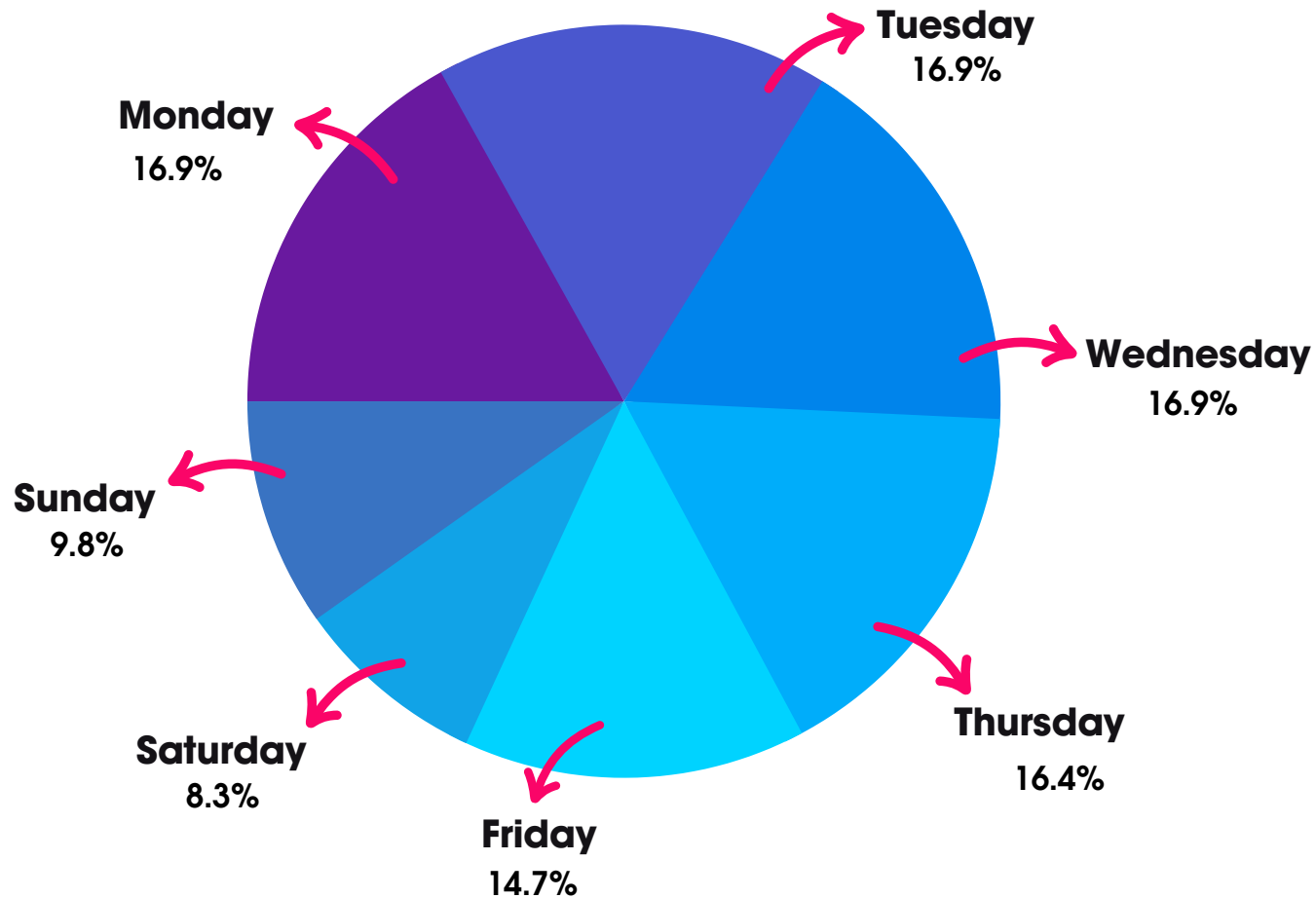
# EDUCATION



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. Values rounded to the nearest tenth.

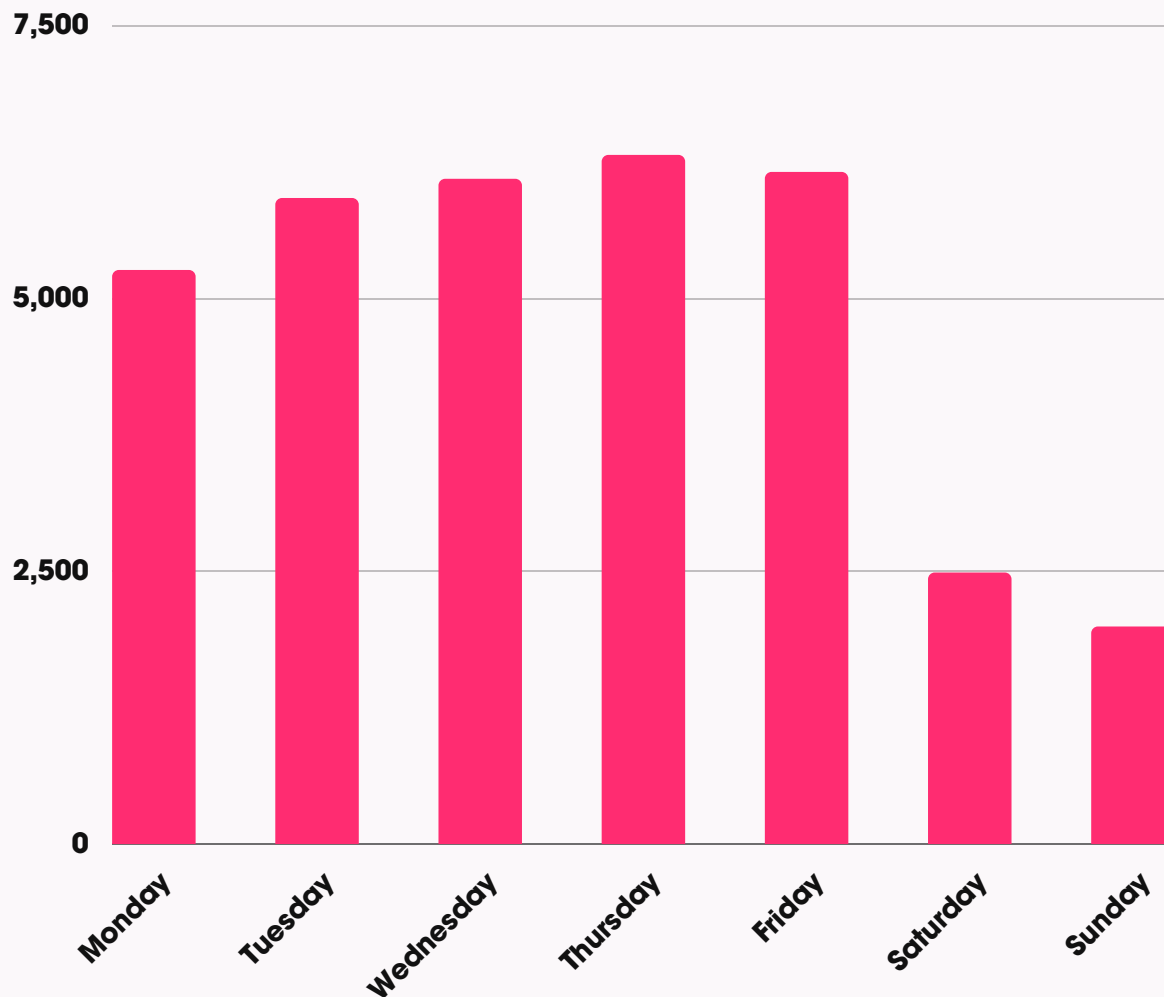
# Total Podcasts with 1+ Episodes Published on That Day

## EDUCATION



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. Values rounded to the nearest tenth.

# What day of the week do **Government** podcasts publish episodes?



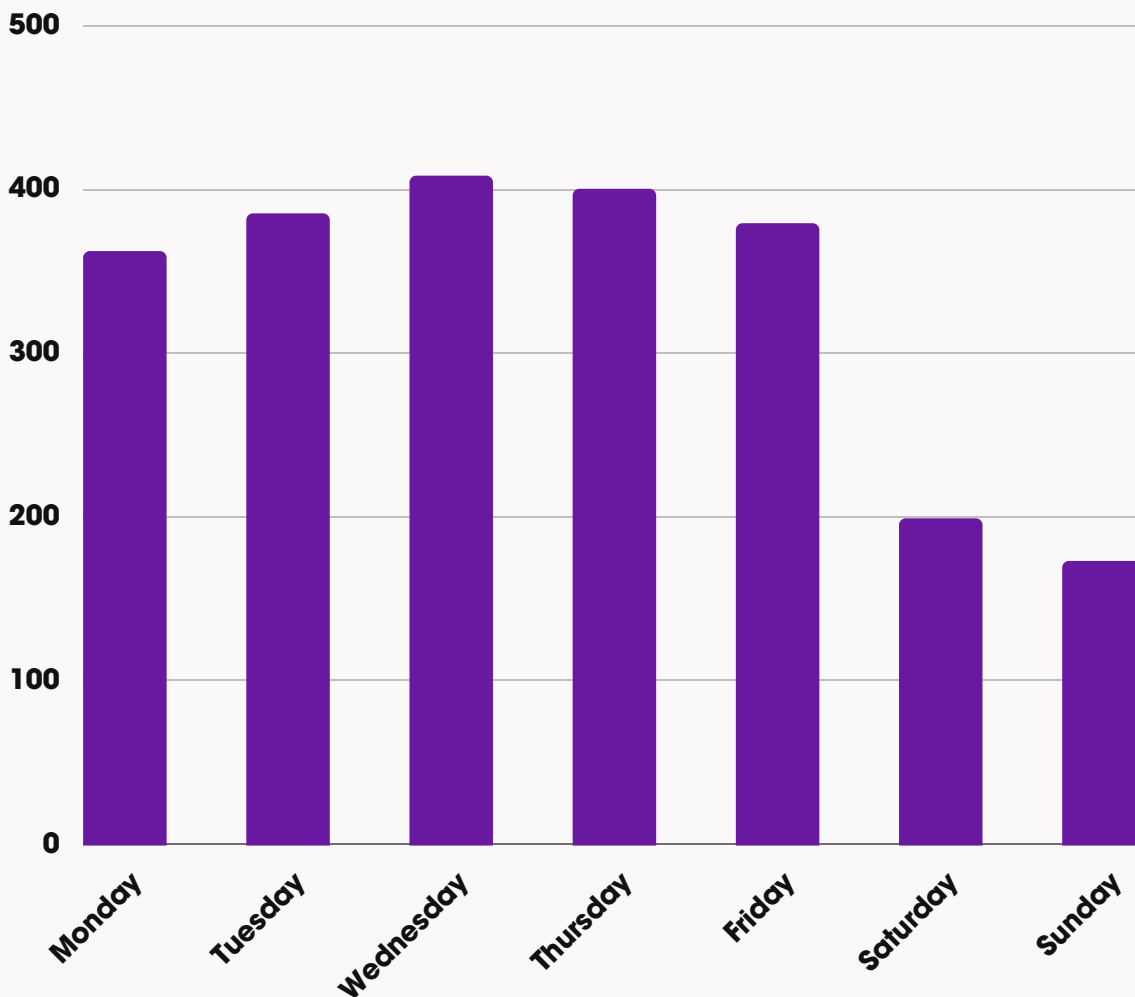
## Methodology

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.

 Total episodes released by Government podcasts


# What day of the week do **Government** podcasts publish episodes?



## Methodology

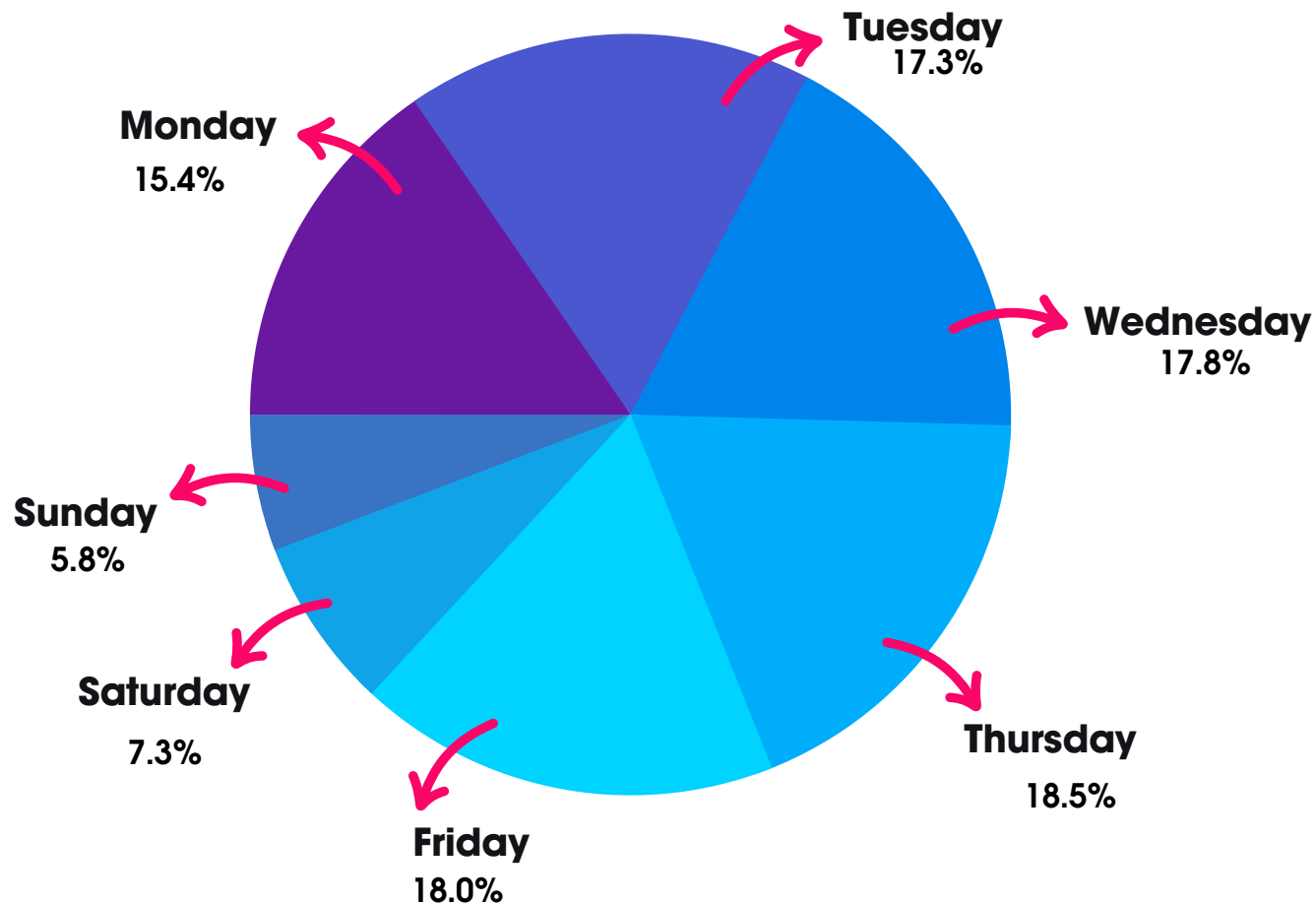
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Government podcast data.

Source: Podchaser 2022.

 **Total Government podcasts with at least one episode released on that day**

## Podcast Episode Release Days

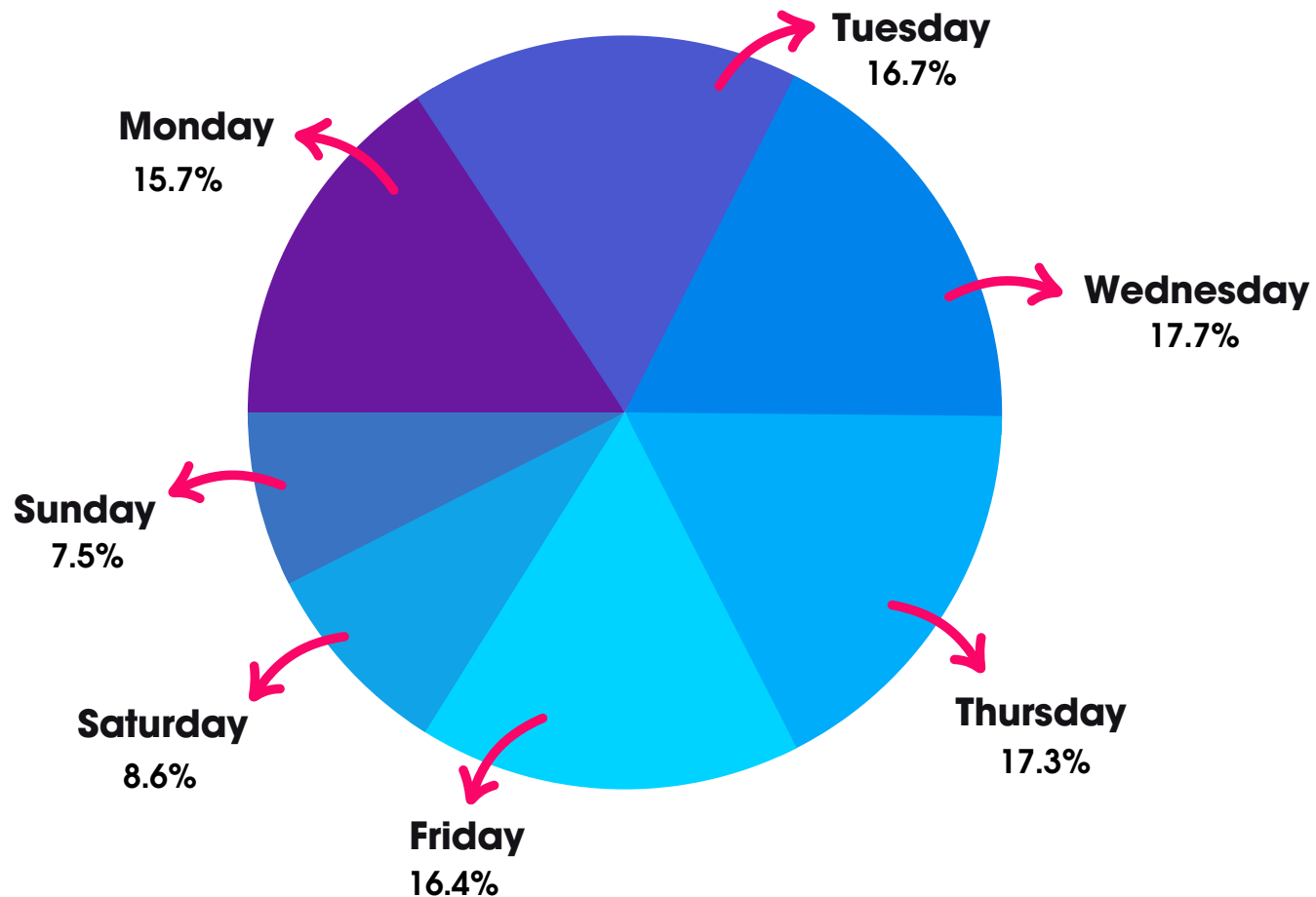
# GOVERNMENT



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.

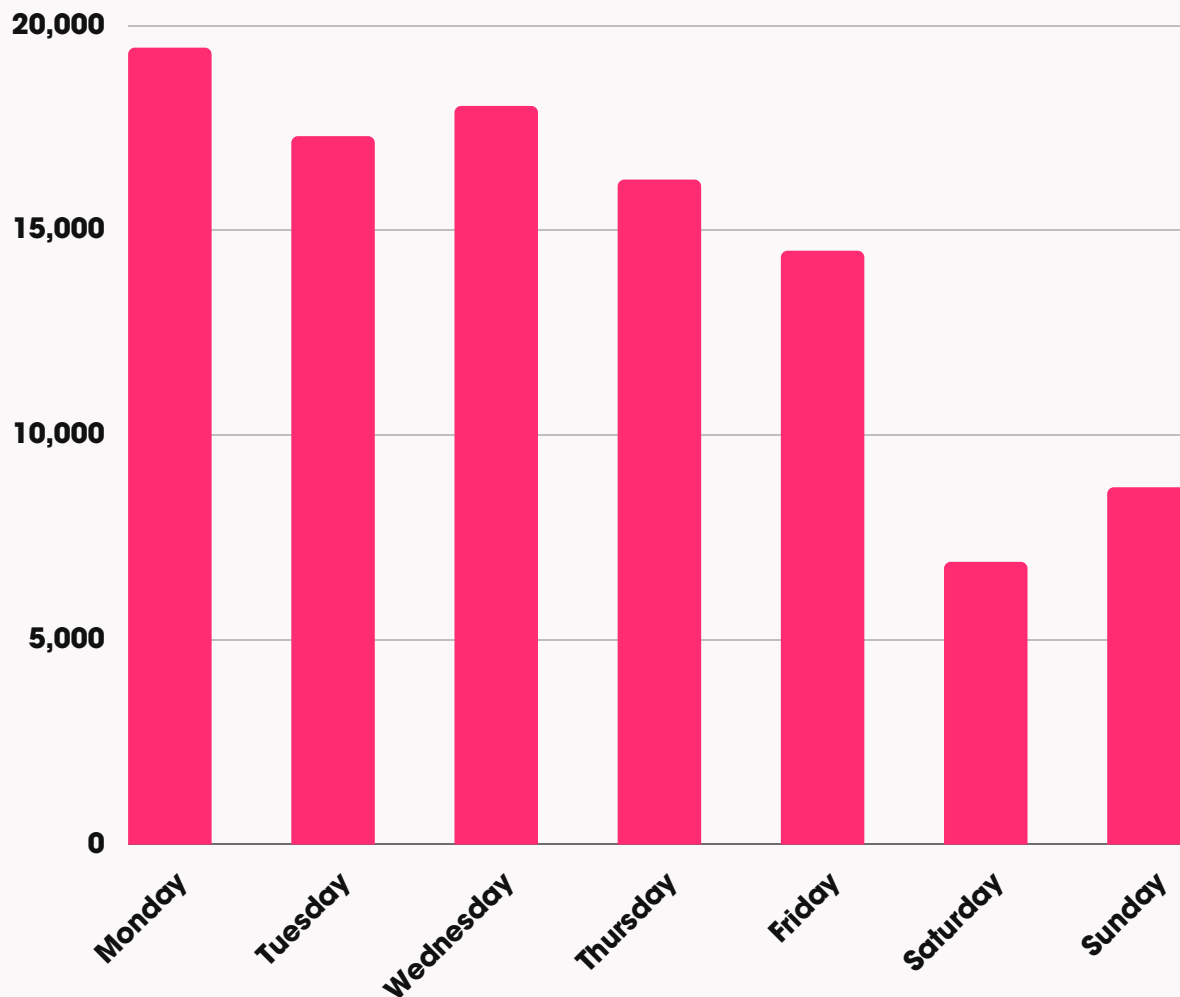
## Total Podcasts with 1+ Episodes Published on That Day

# GOVERNMENT



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.


# What day of the week do **Health & Fitness** podcasts publish episodes?



## Methodology

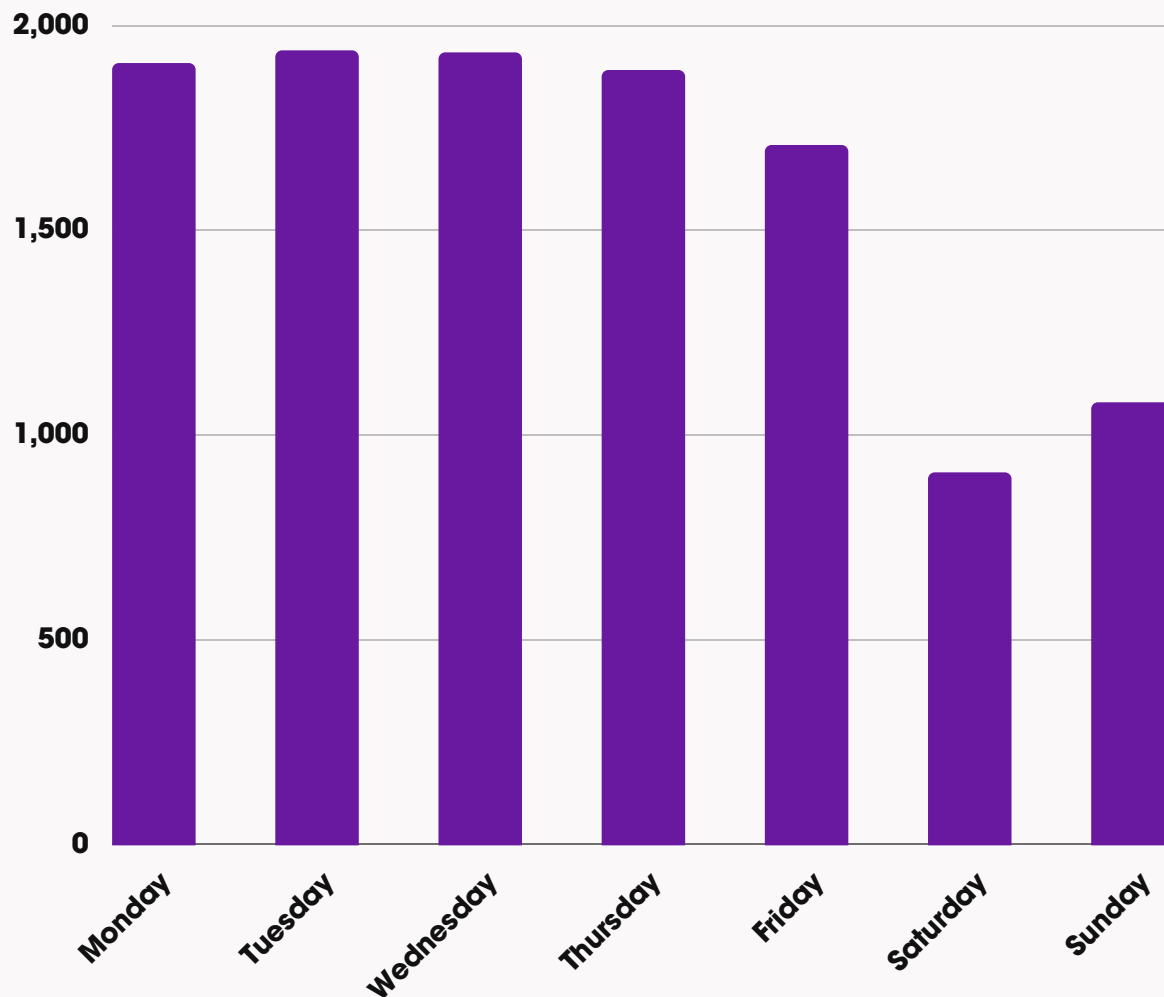
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Health & Fitness podcast data.

Source: Podchaser 2022.

 **Total episodes released  
by Health & Fitness  
podcasts**




# What day of the week do Health & Fitness podcasts publish episodes?



## Methodology

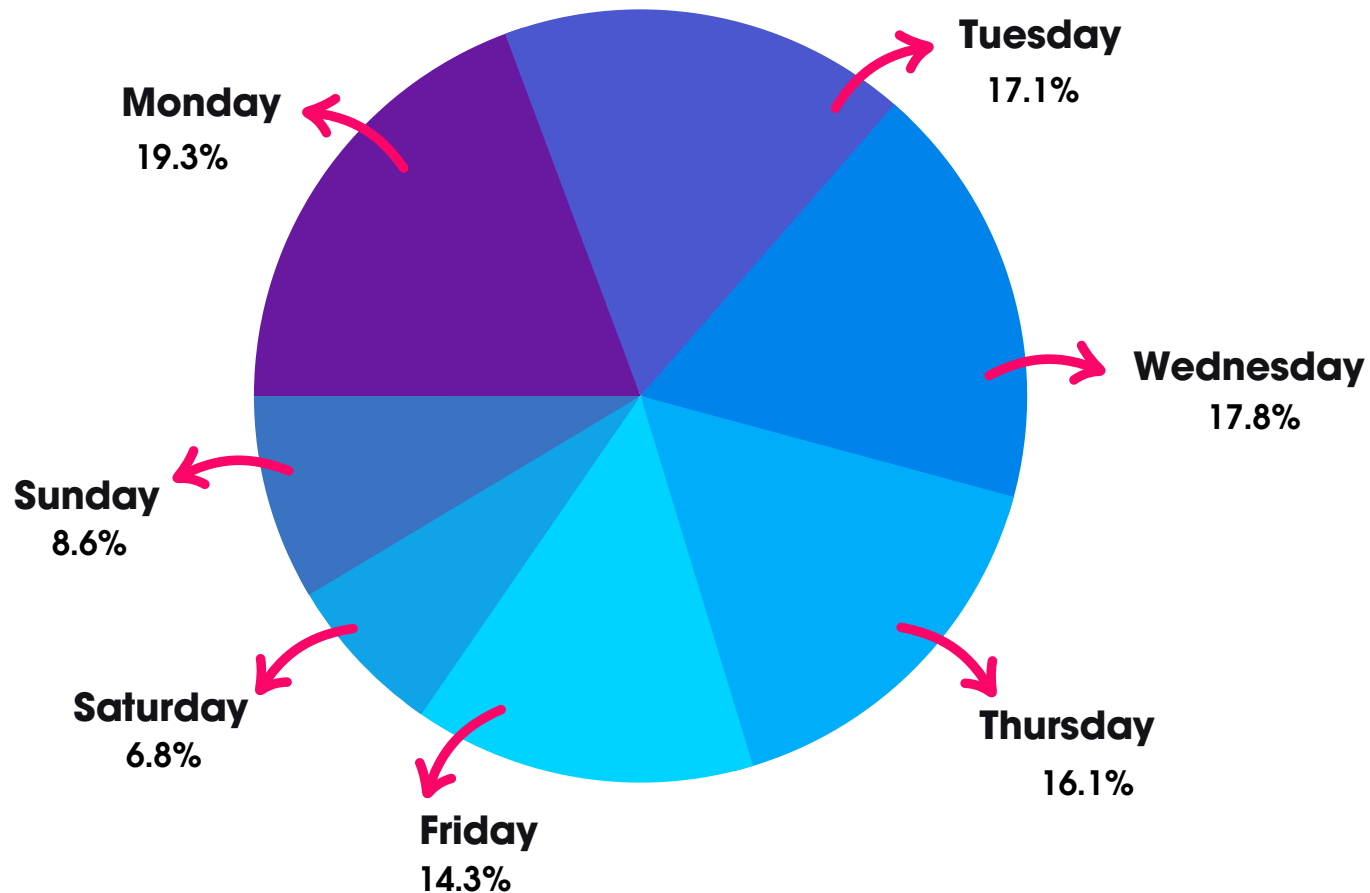
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Health & Fitness podcast data.

Source: Podchaser 2022.

 **Total Health & Fitness podcasts with at least one episode released on that day**

## Podcast Episode Release Days

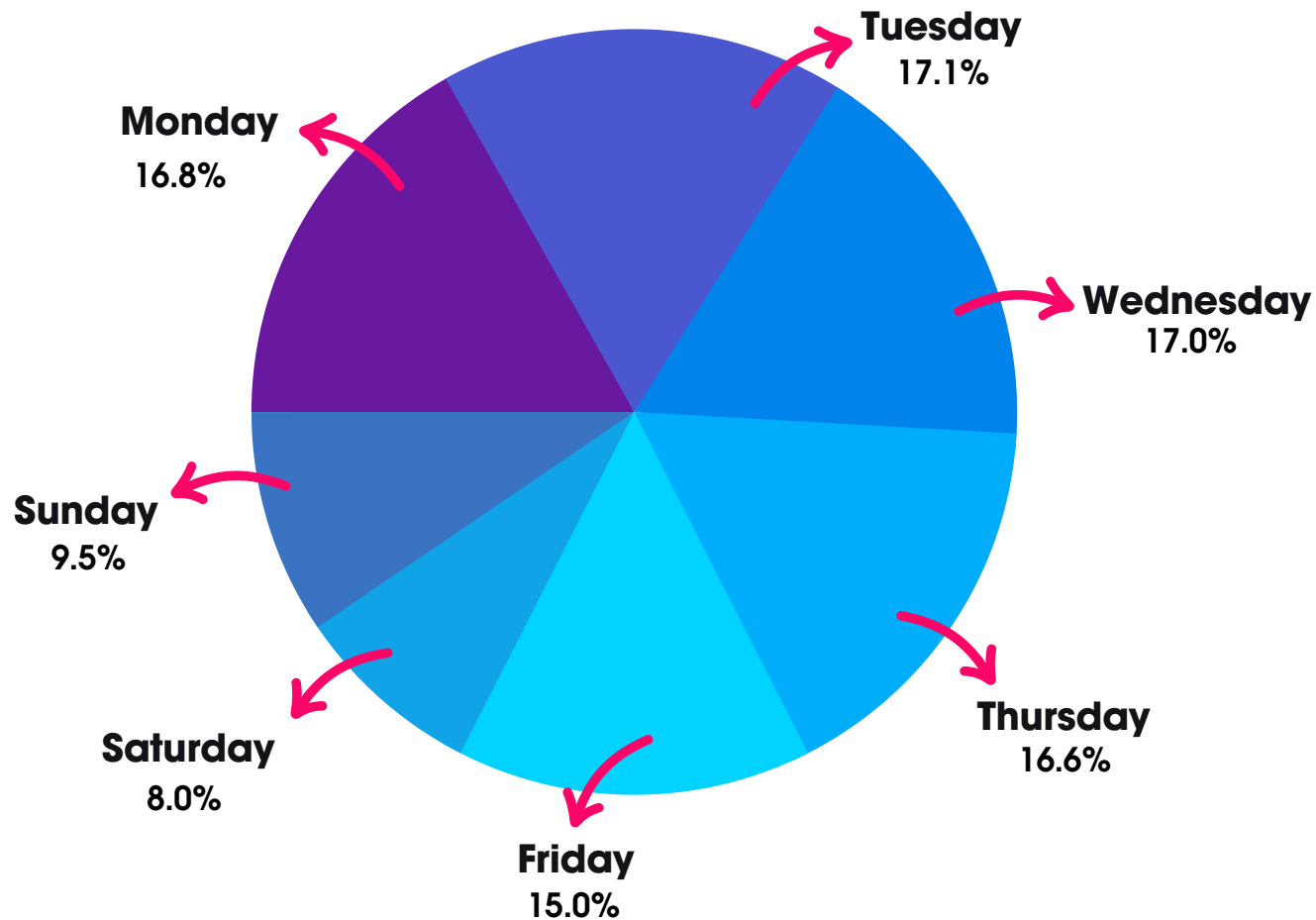
# HEALTH & FITNESS



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.

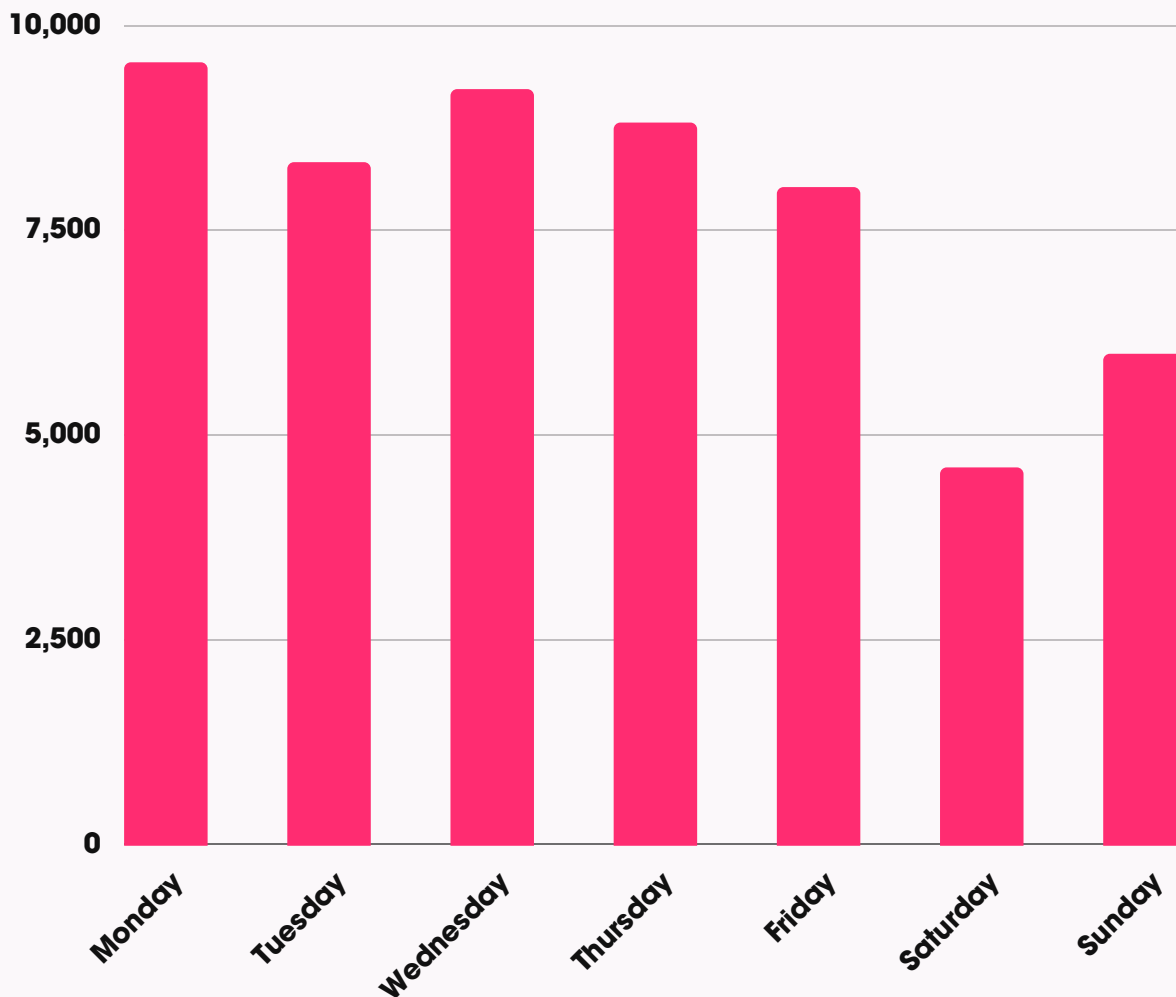
# Total Podcasts with 1+ Episodes Published on That Day

## HEALTH & FITNESS



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?



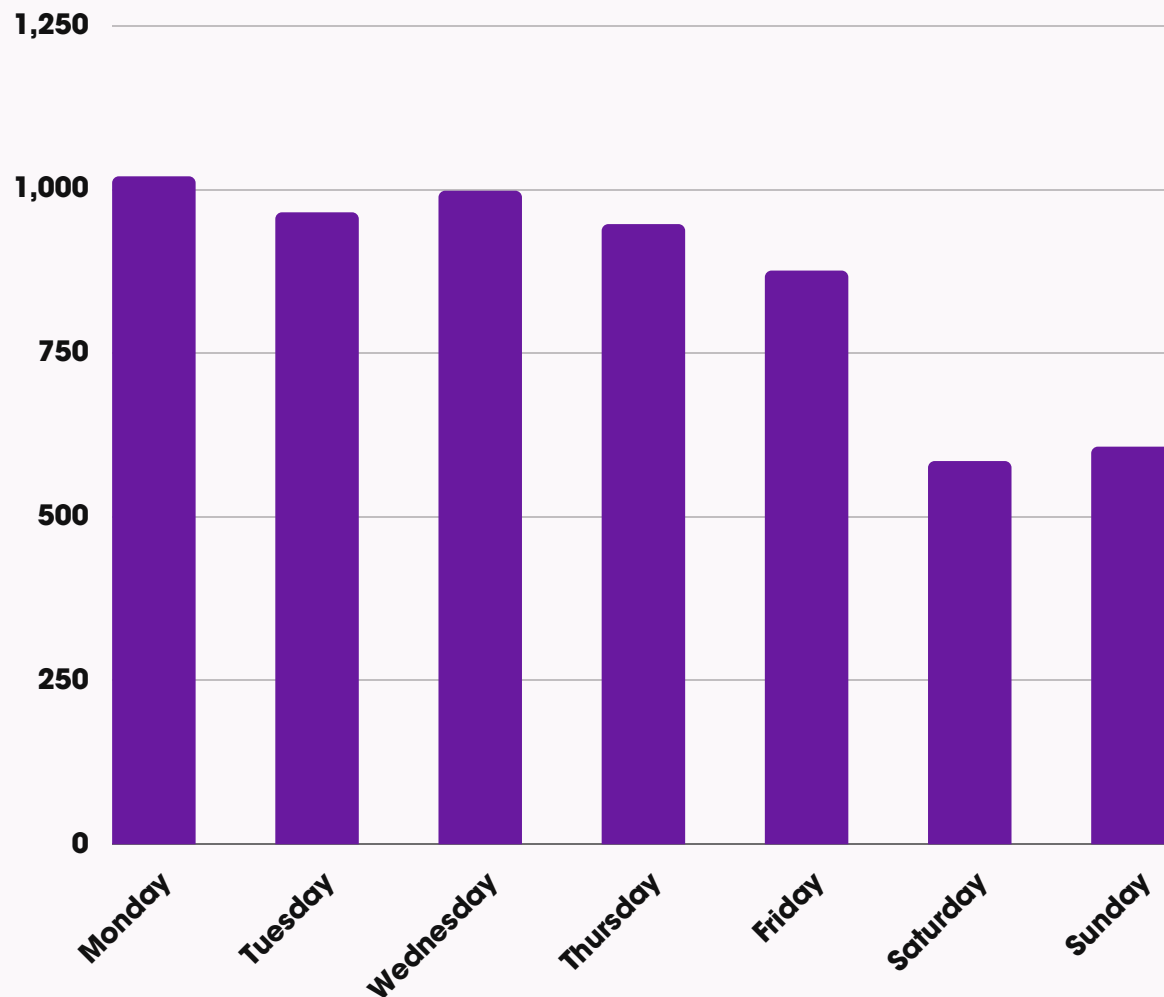
## Methodology

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.

 Total episodes released by History podcasts


# What day of the week do **History** podcasts publish episodes?



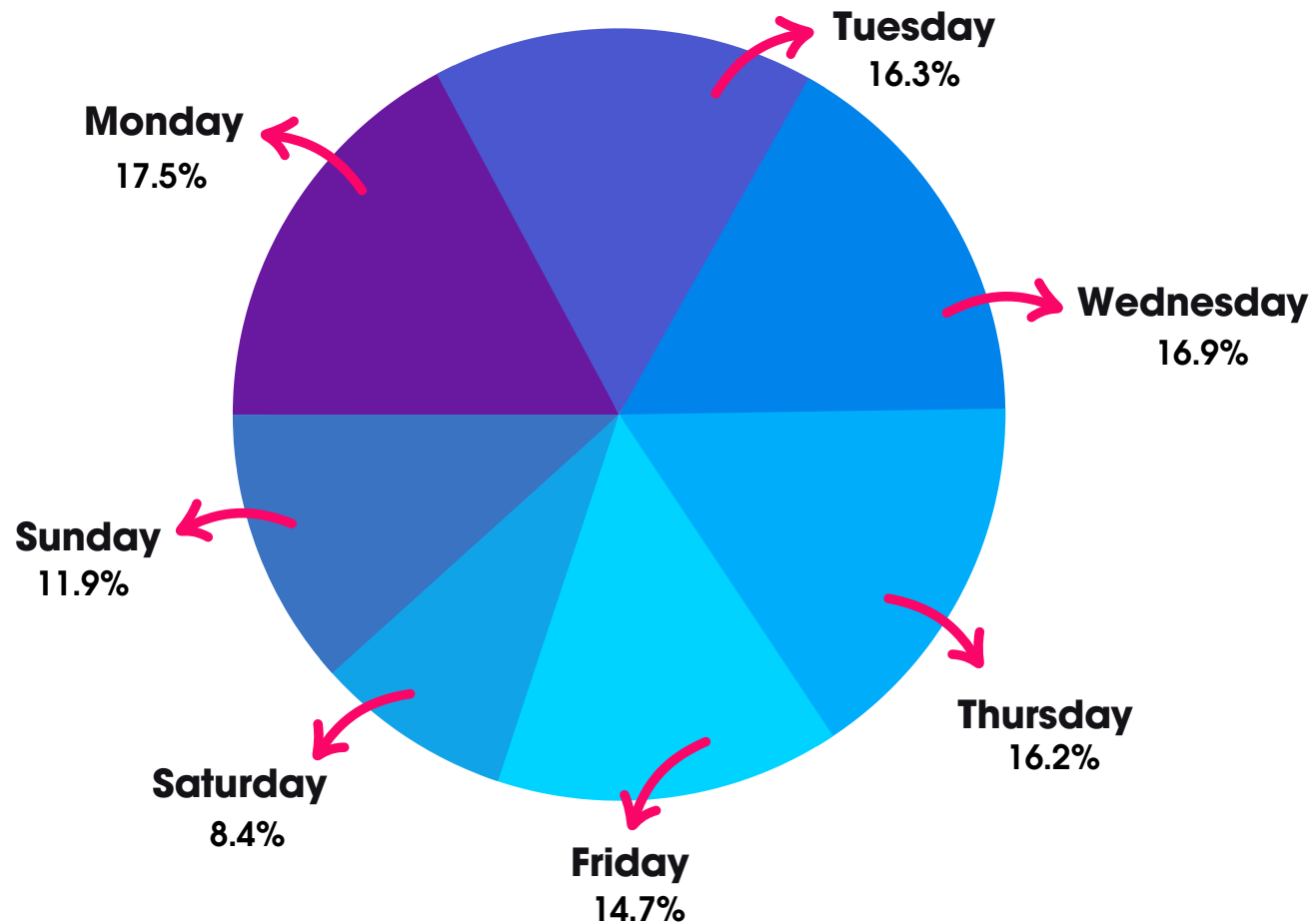
## Methodology

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.

 **Total History podcasts with at least one episode released on that day**

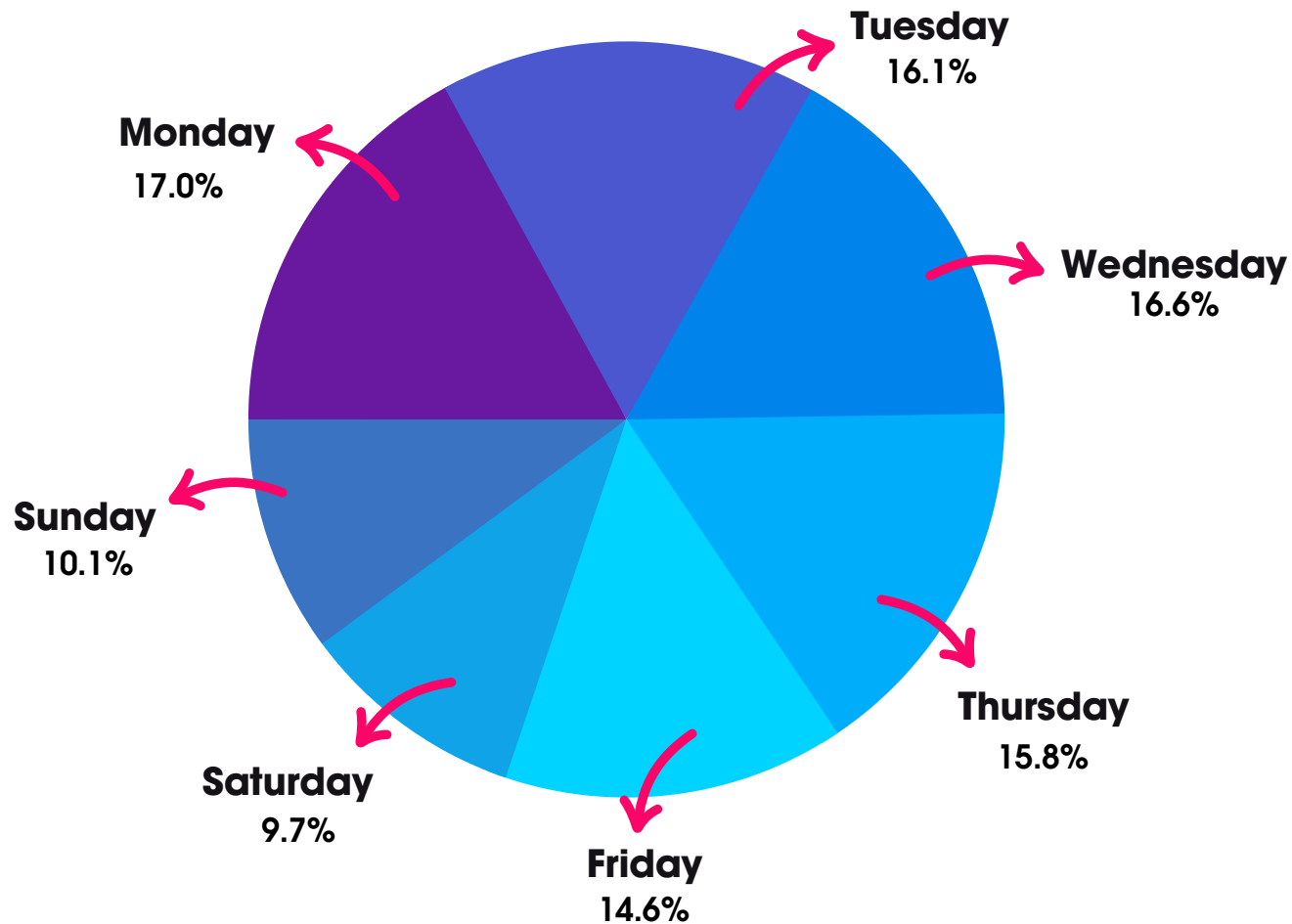
# Podcast Episode Release Days HISTORY



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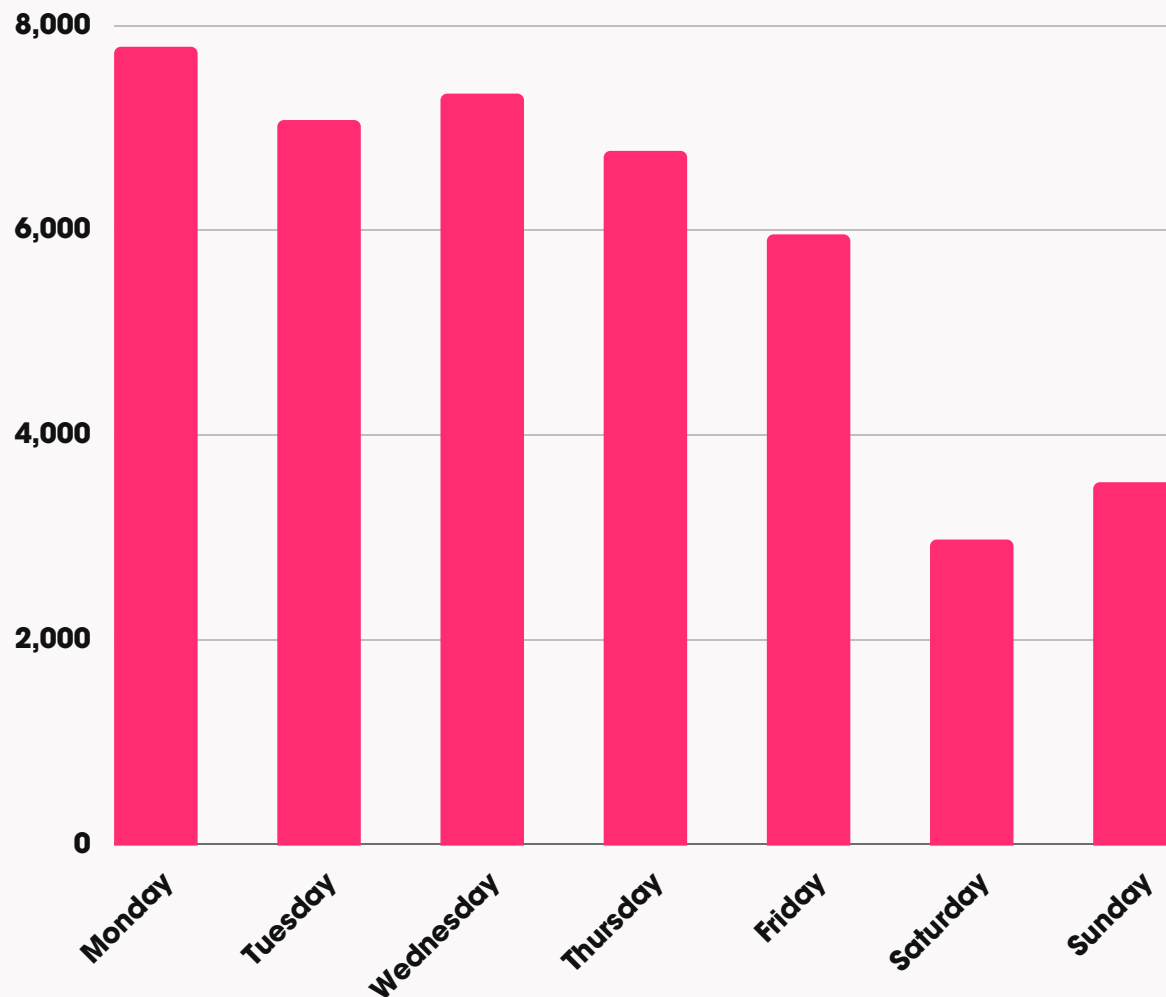
# Total Podcasts with 1+ Episodes Published on That Day

## HISTORY



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?



## Methodology

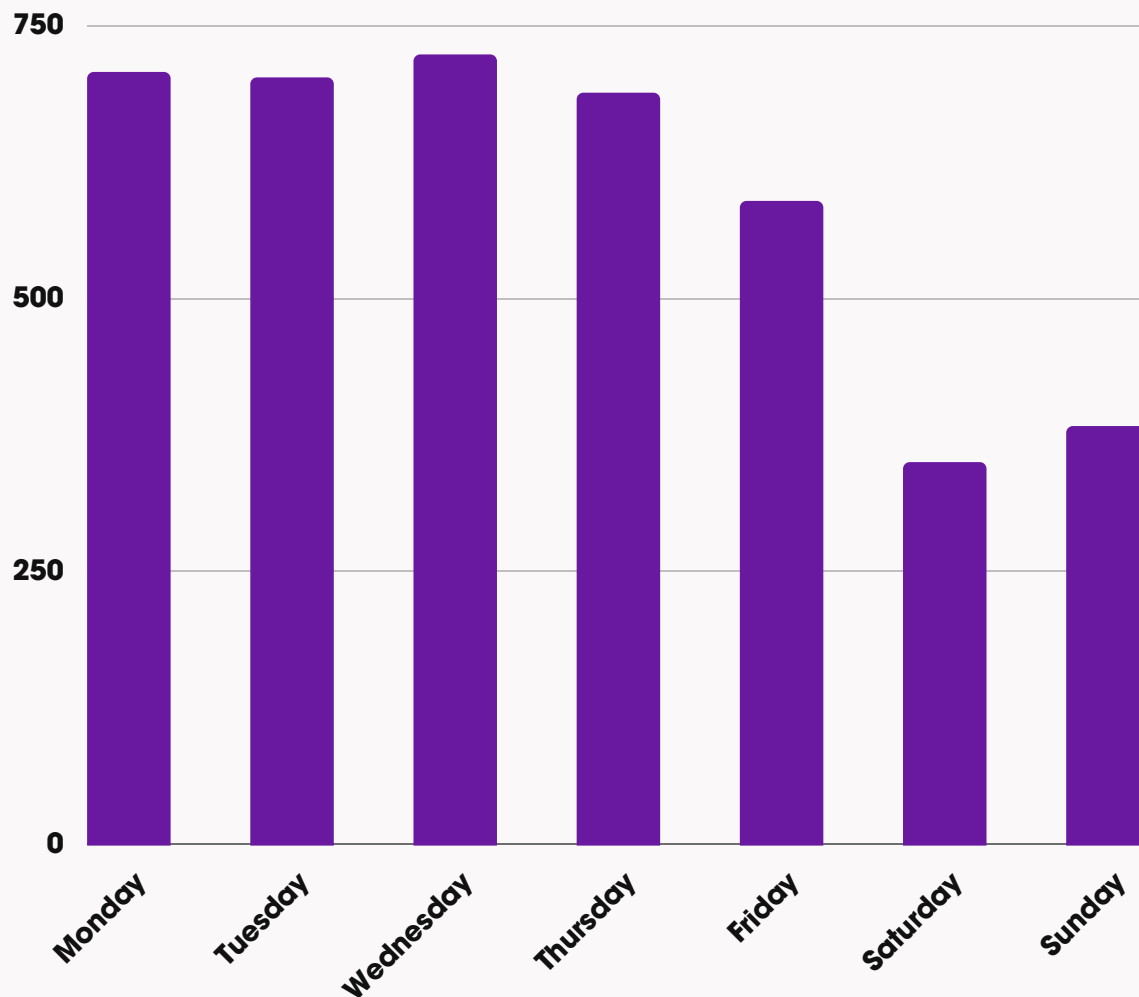
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Kids & Family podcast data.

Source: Podchaser 2022.

 Total episodes released by Kids & Family podcasts




# What day of the week do Kids & Family podcasts publish episodes?



## Methodology

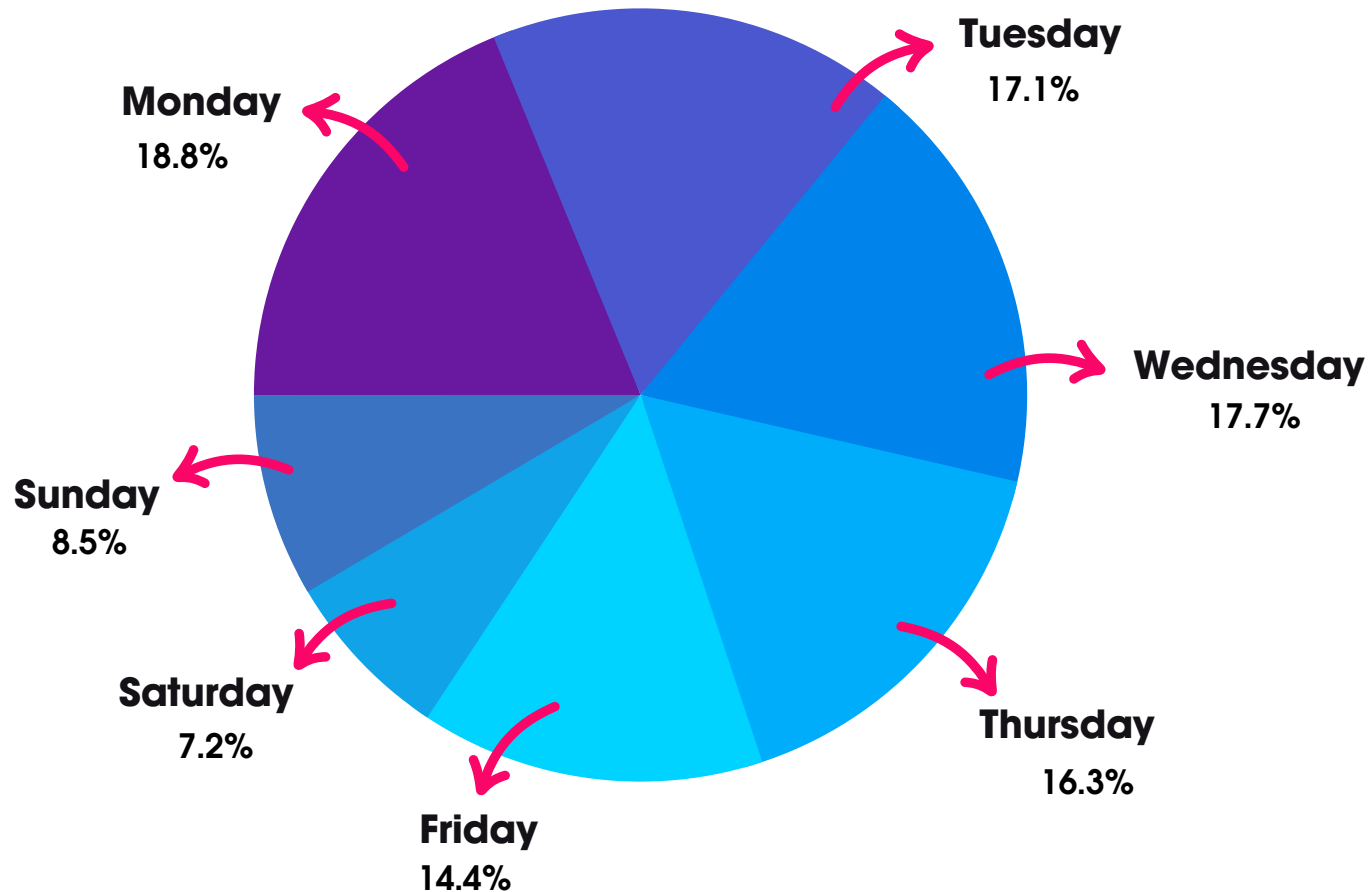
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Kids & Family podcast data.

Source: Podchaser 2022.

 **Total Kids & Family podcasts with at least one episode released on that day**

## Podcast Episode Release Days

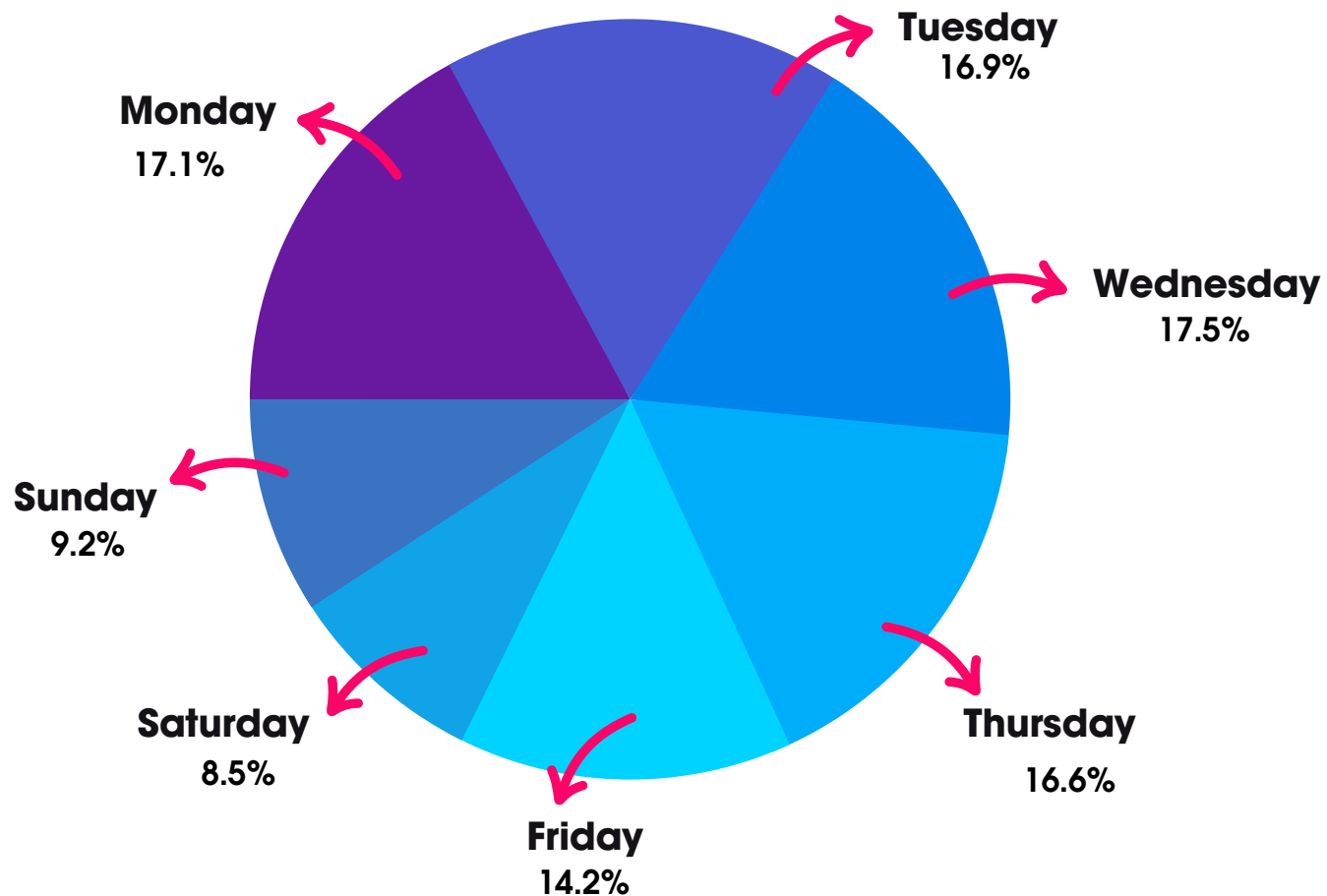
# KIDS & FAMILY



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.

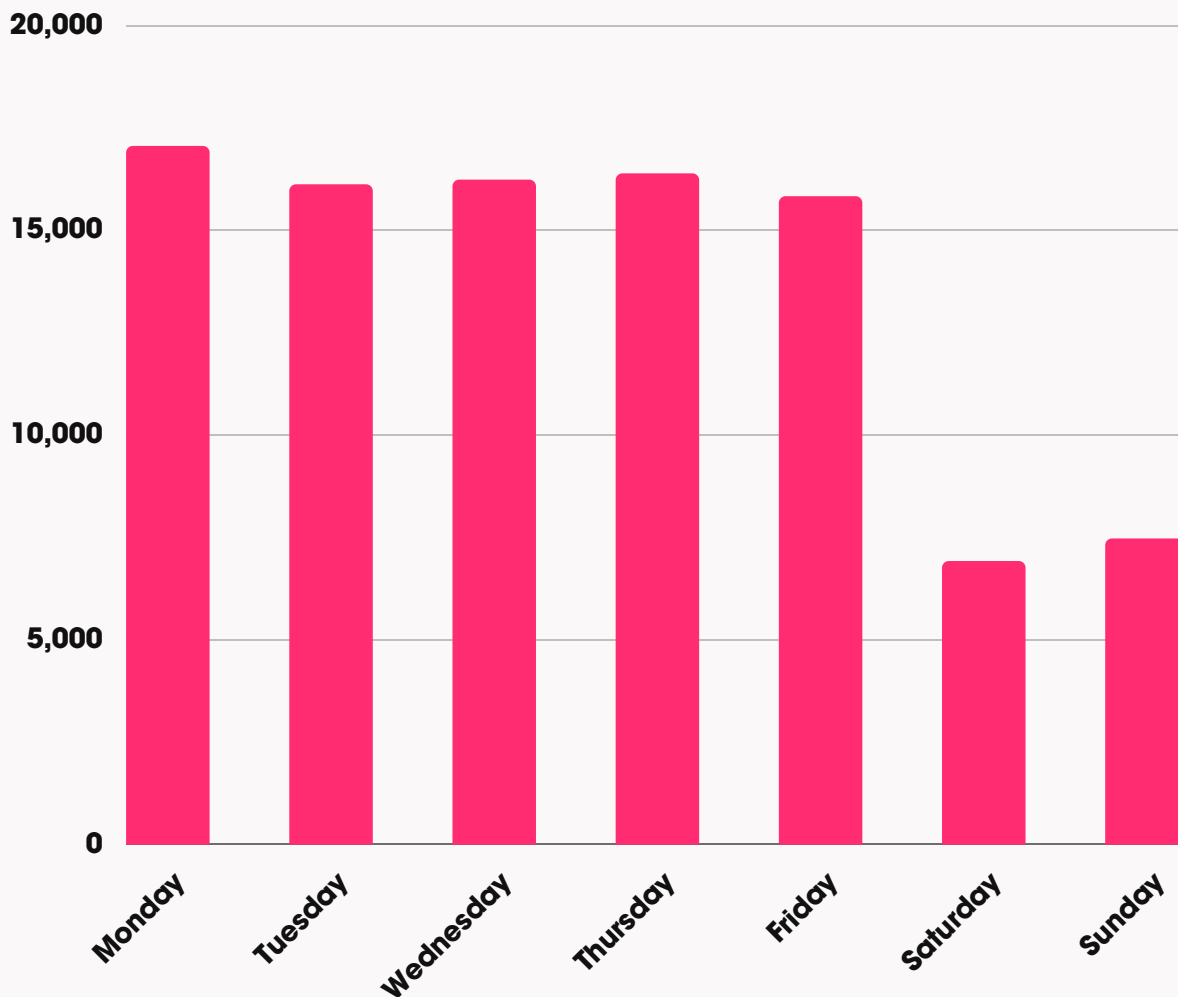
# Total Podcasts with 1+ Episodes Published on That Day

## KIDS & FAMILY



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?



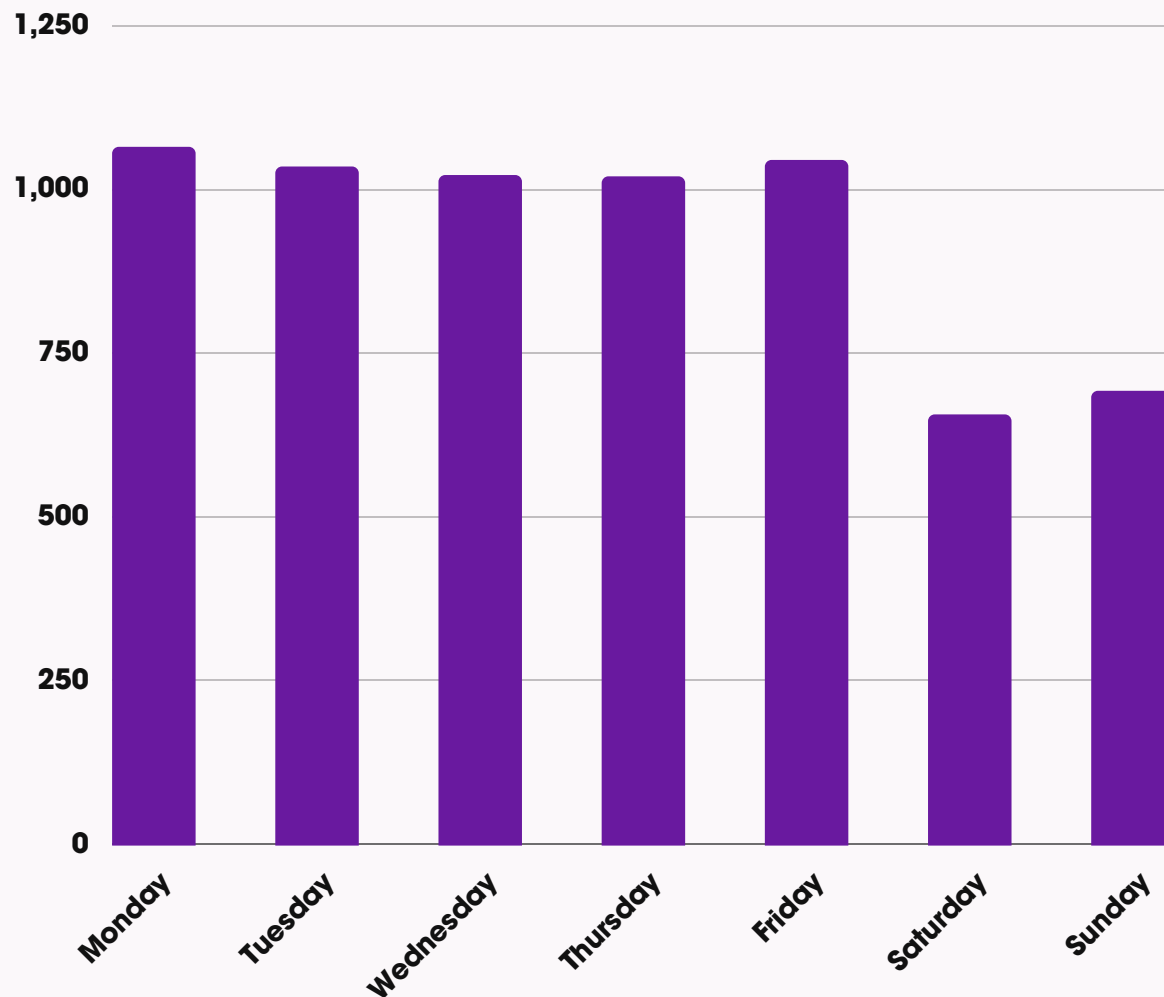
## Methodology

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.

 Total episodes released by Music podcasts


# What day of the week do **Music** podcasts publish episodes?



## Methodology

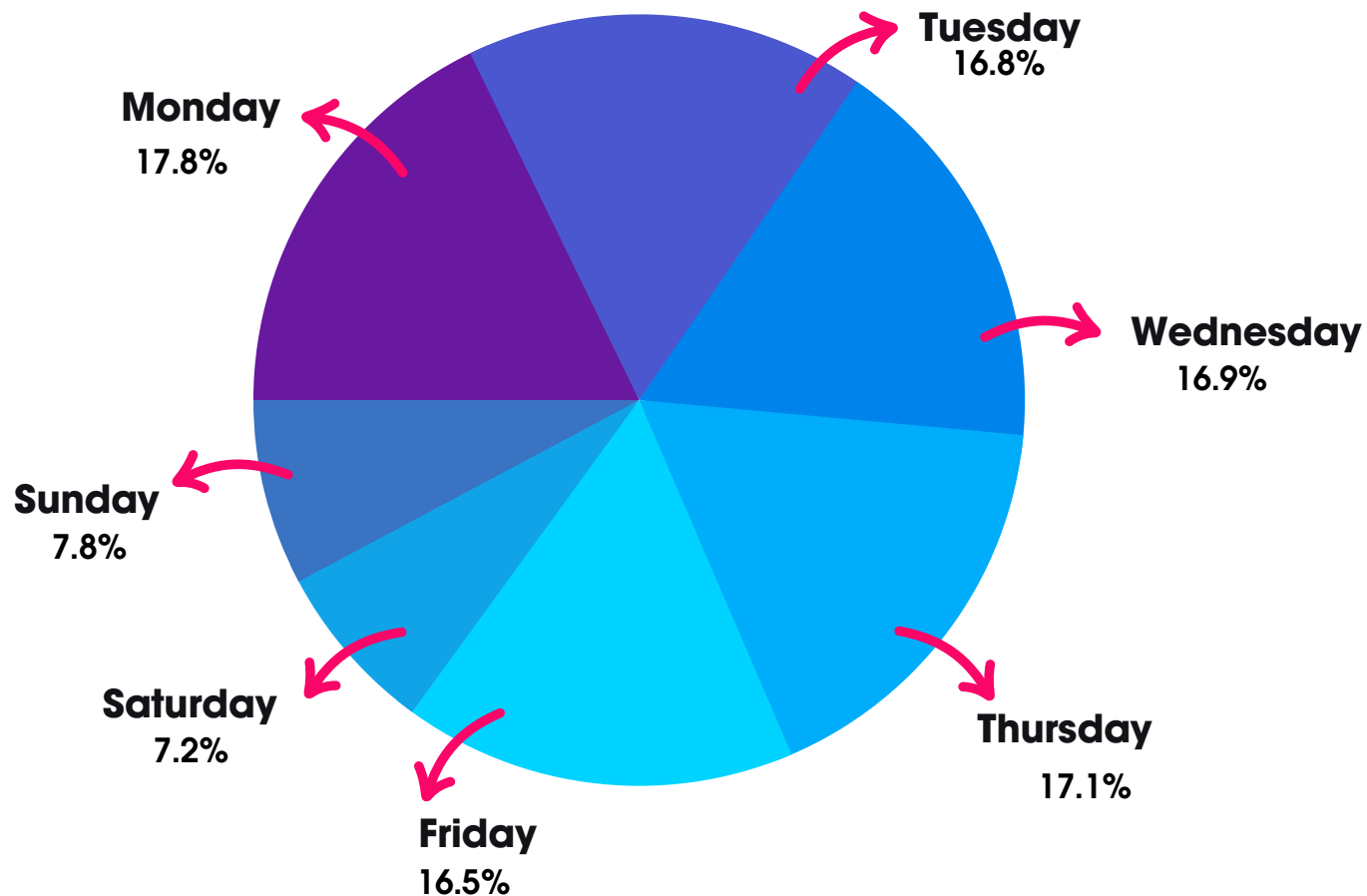
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Music podcast data.

Source: Podchaser 2022.

 **Total Music podcasts with at least one episode released on that day**

## Podcast Episode Release Days

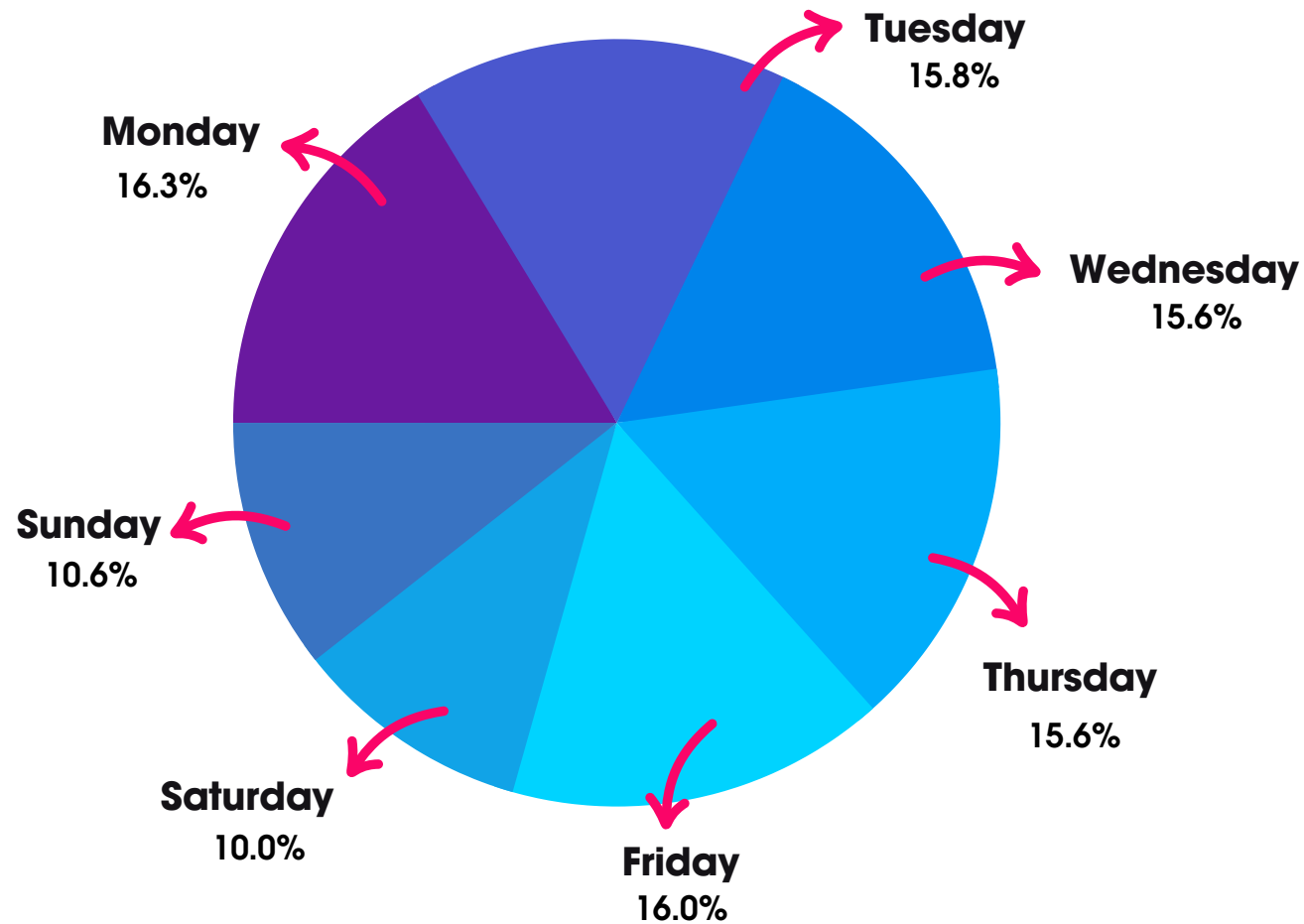
# MUSIC



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.

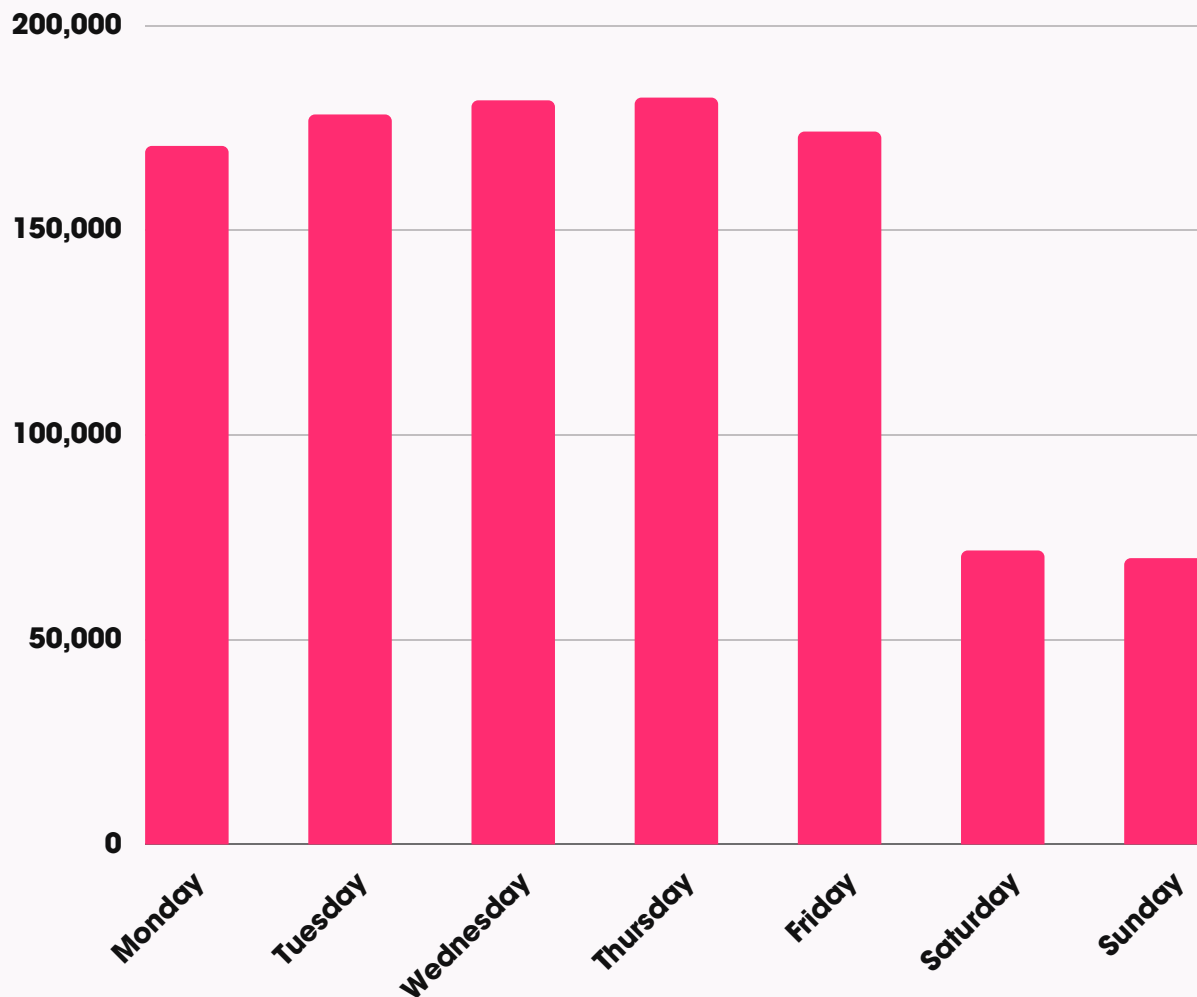
# Total Podcasts with 1+ Episodes Published on That Day

## MUSIC



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?



## Methodology

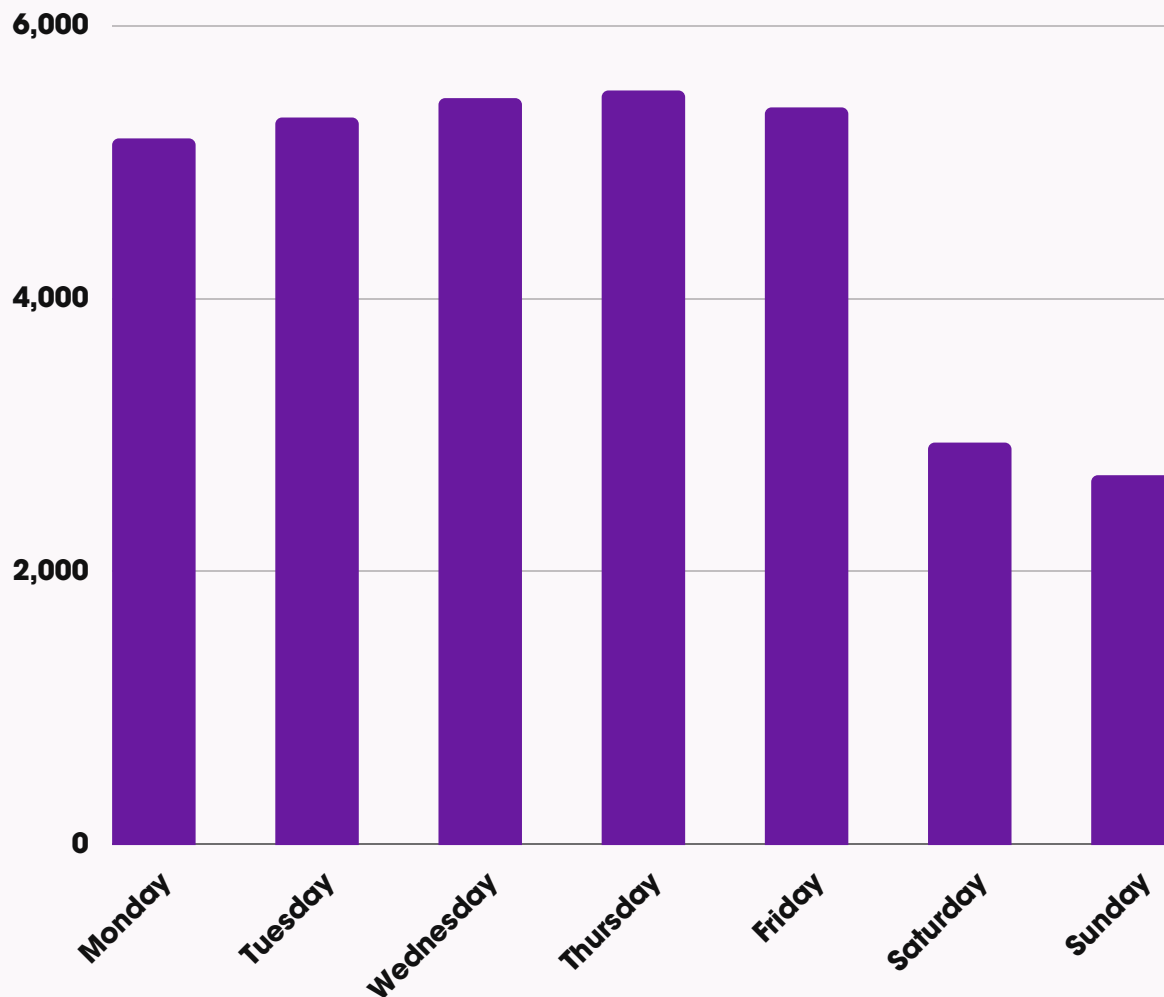
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows News podcast data.

Source: Podchaser 2022.

 Total episodes released by News podcasts



# What day of the week do News podcasts publish episodes?



## Methodology

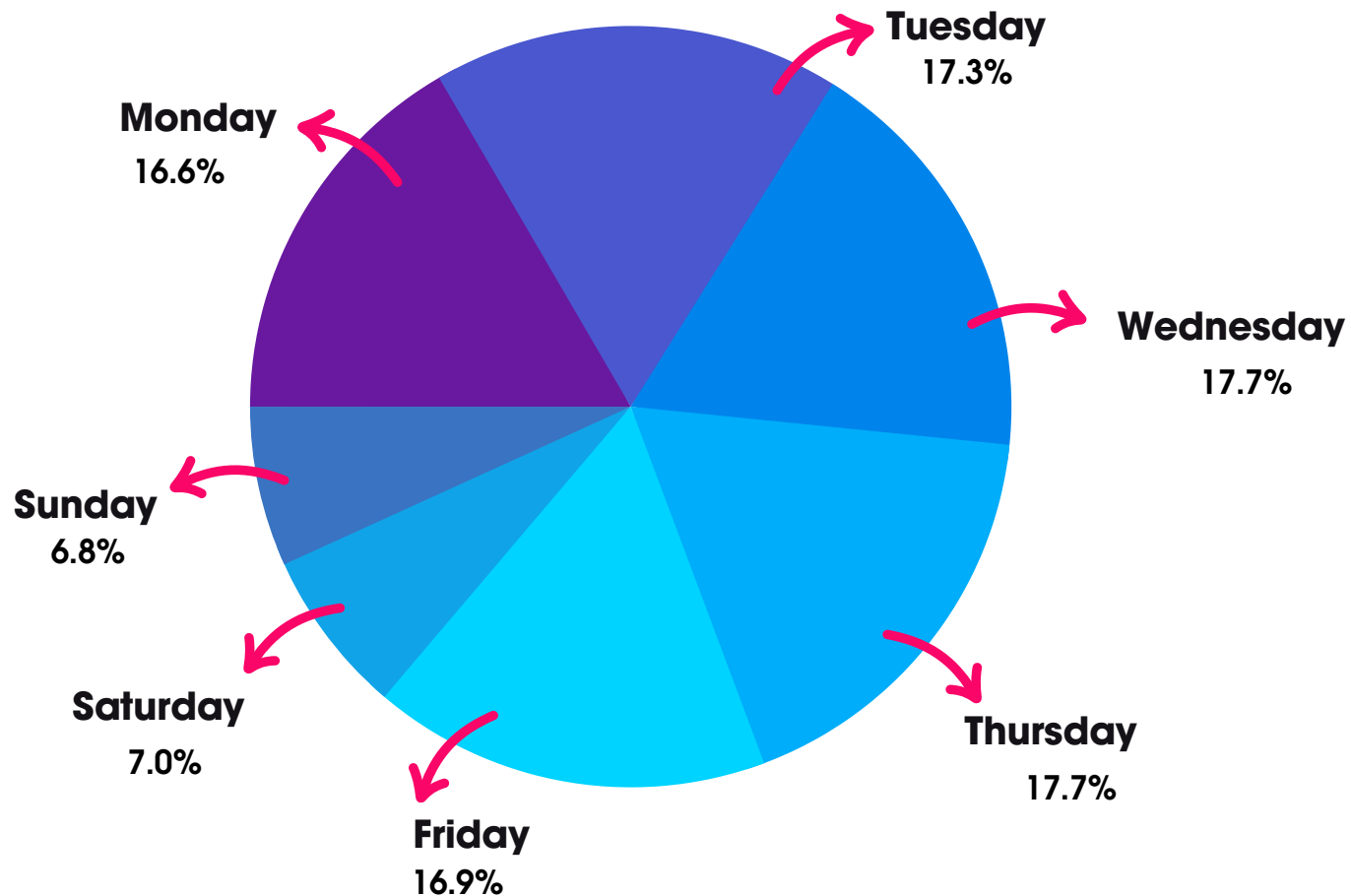
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows News podcast data.

Source: Podchaser 2022.

 Total News podcasts with at least one episode released on that day

## Podcast Episode Release Days

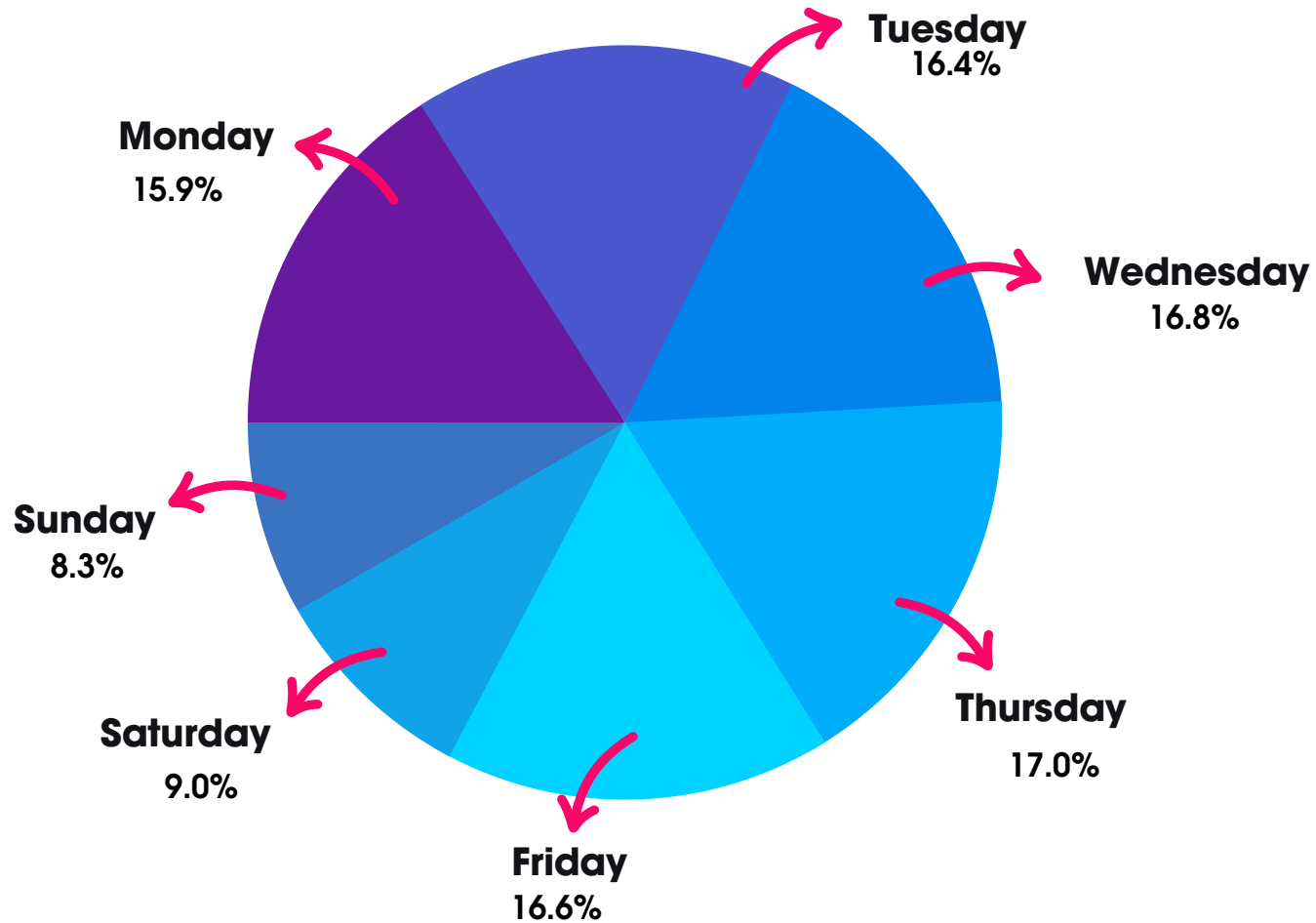
# NEWS



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.

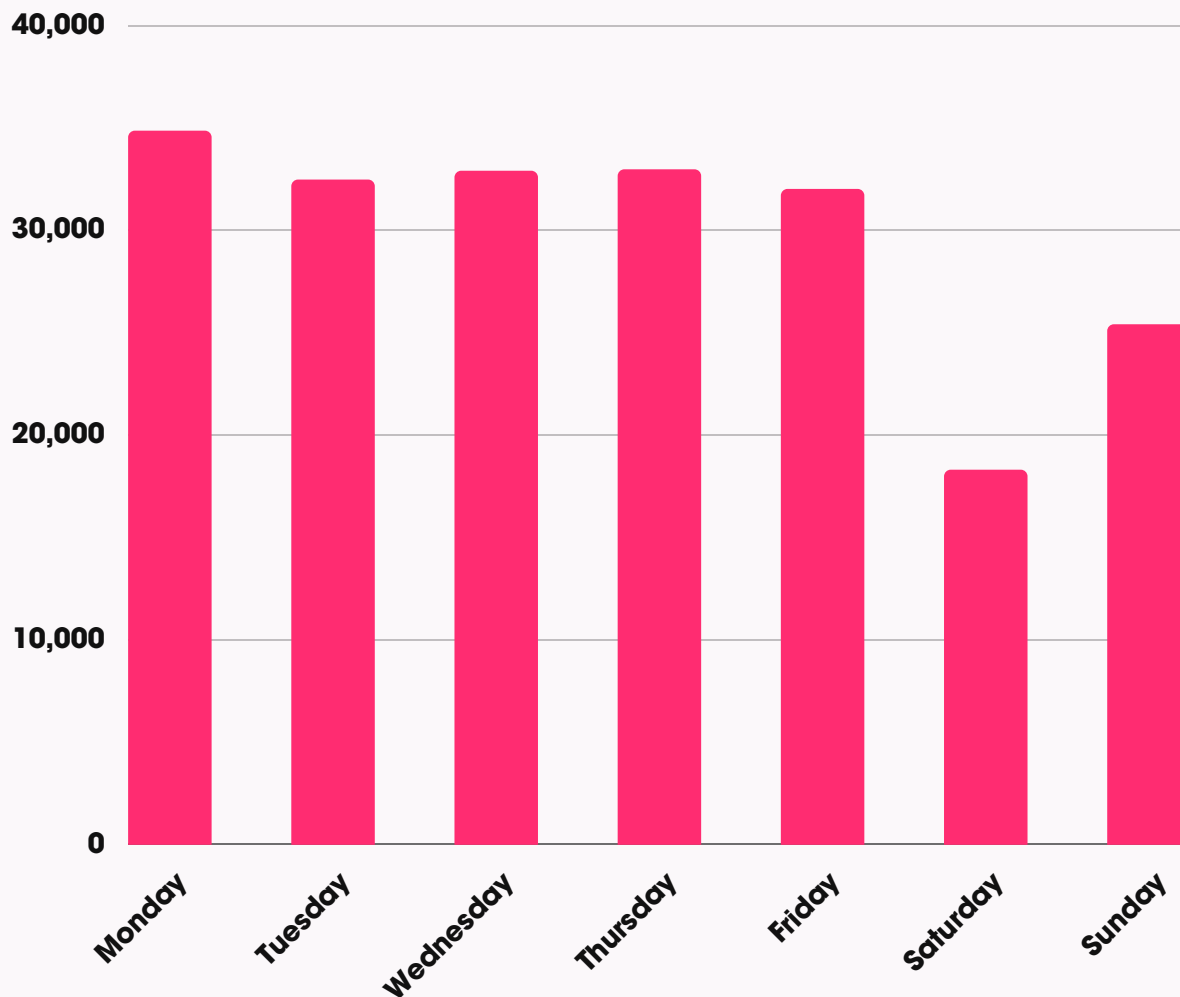
# Total Podcasts with 1+ Episodes Published on That Day

## NEWS



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?



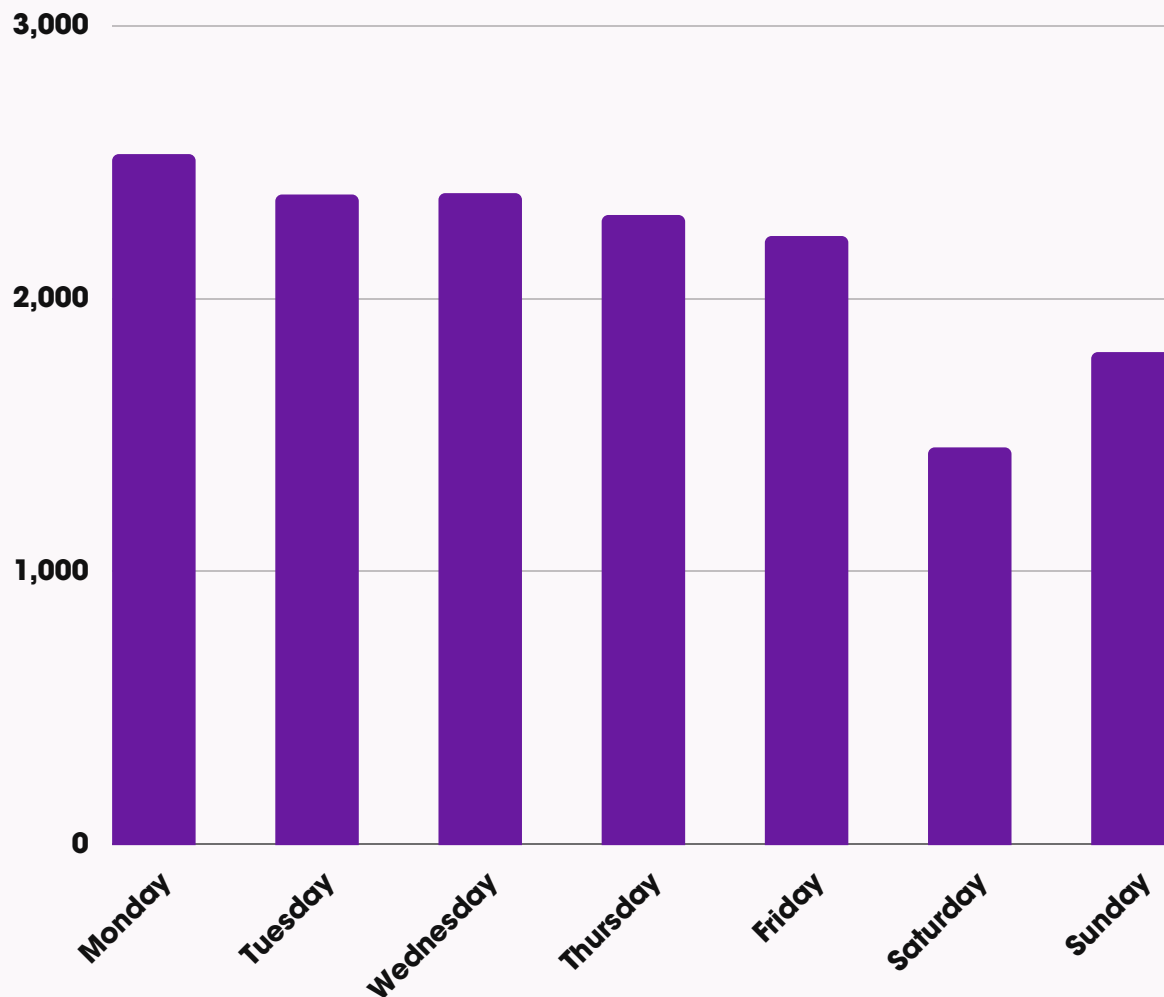
## Methodology

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.

 **Total episodes released by Religion & Spirituality podcasts**

# What day of the week do Religion & Spirituality podcasts publish episodes?



## Methodology

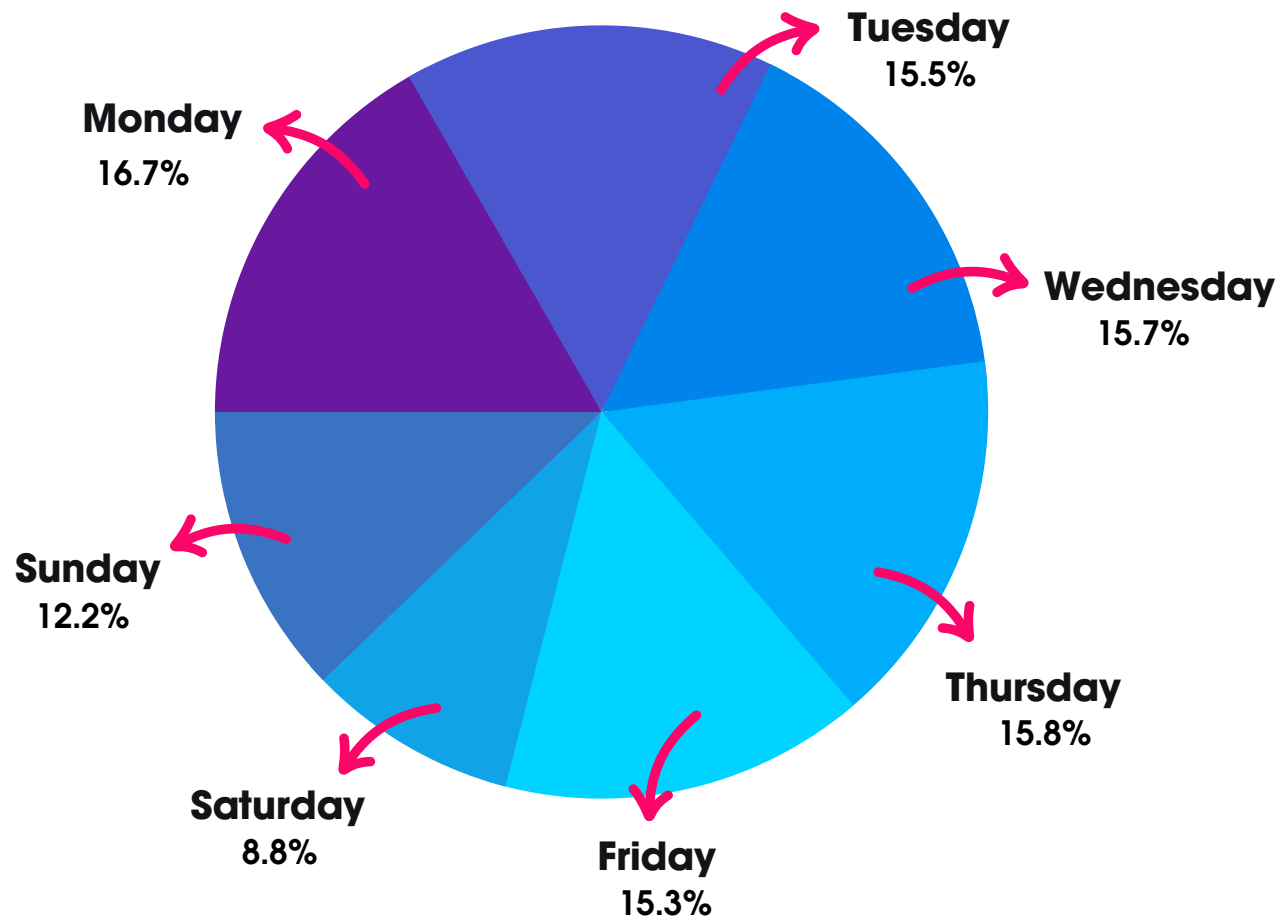
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Religion & Spirituality podcast data.

Source: Podchaser 2022.

 **Total Religion & Spirituality podcasts with at least one episode released on that day**

## Podcast Episode Release Days

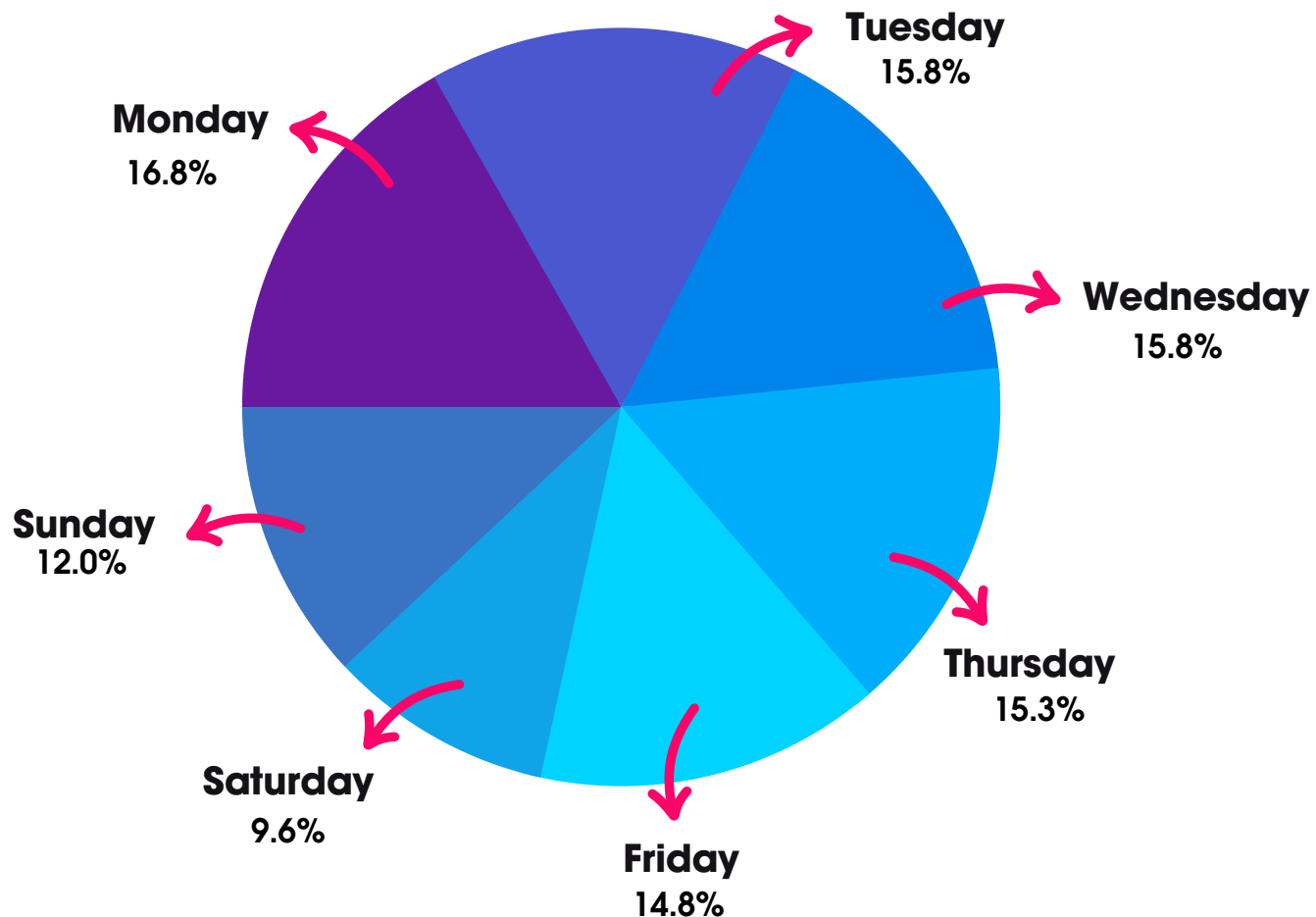
# RELIGION & SPIRITUALITY



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.

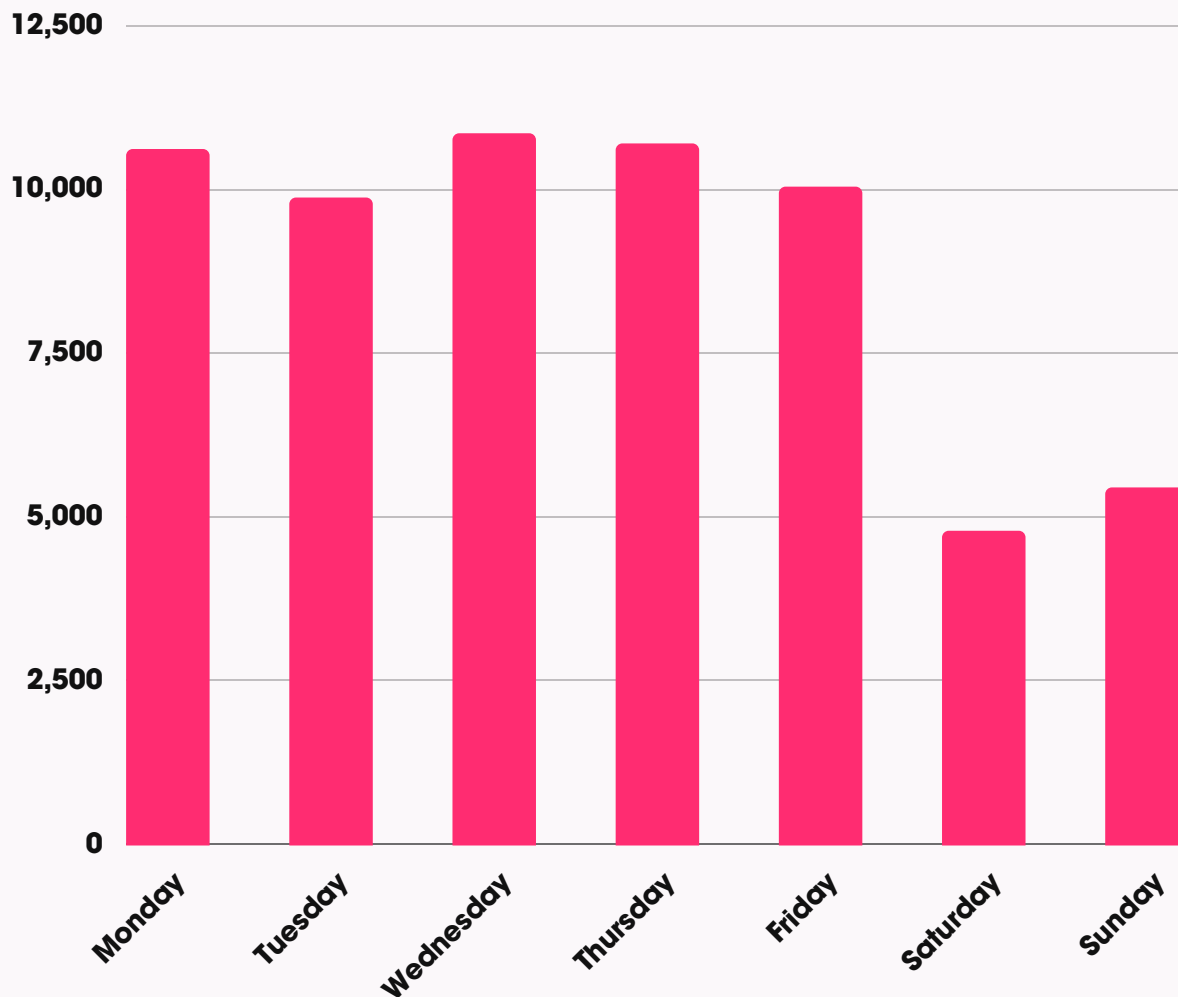
## Total Podcasts: 1 or More Episodes Published on That Day

# RELIGION & SPIRITUALITY



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

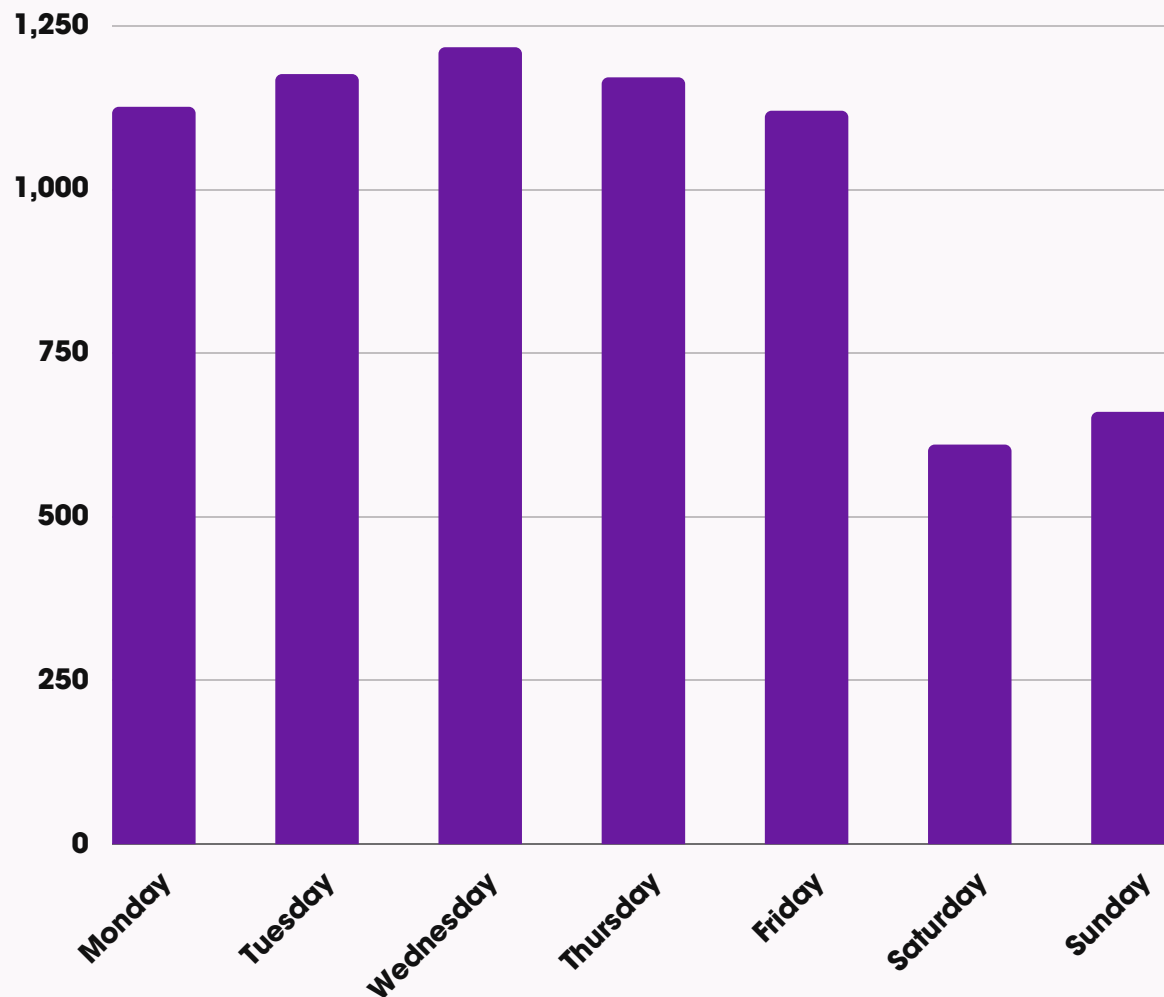
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Science podcast data.

Source: Podchaser 2022.

 Total episodes released by Science podcasts




# What day of the week do Science podcasts publish episodes?



## Methodology

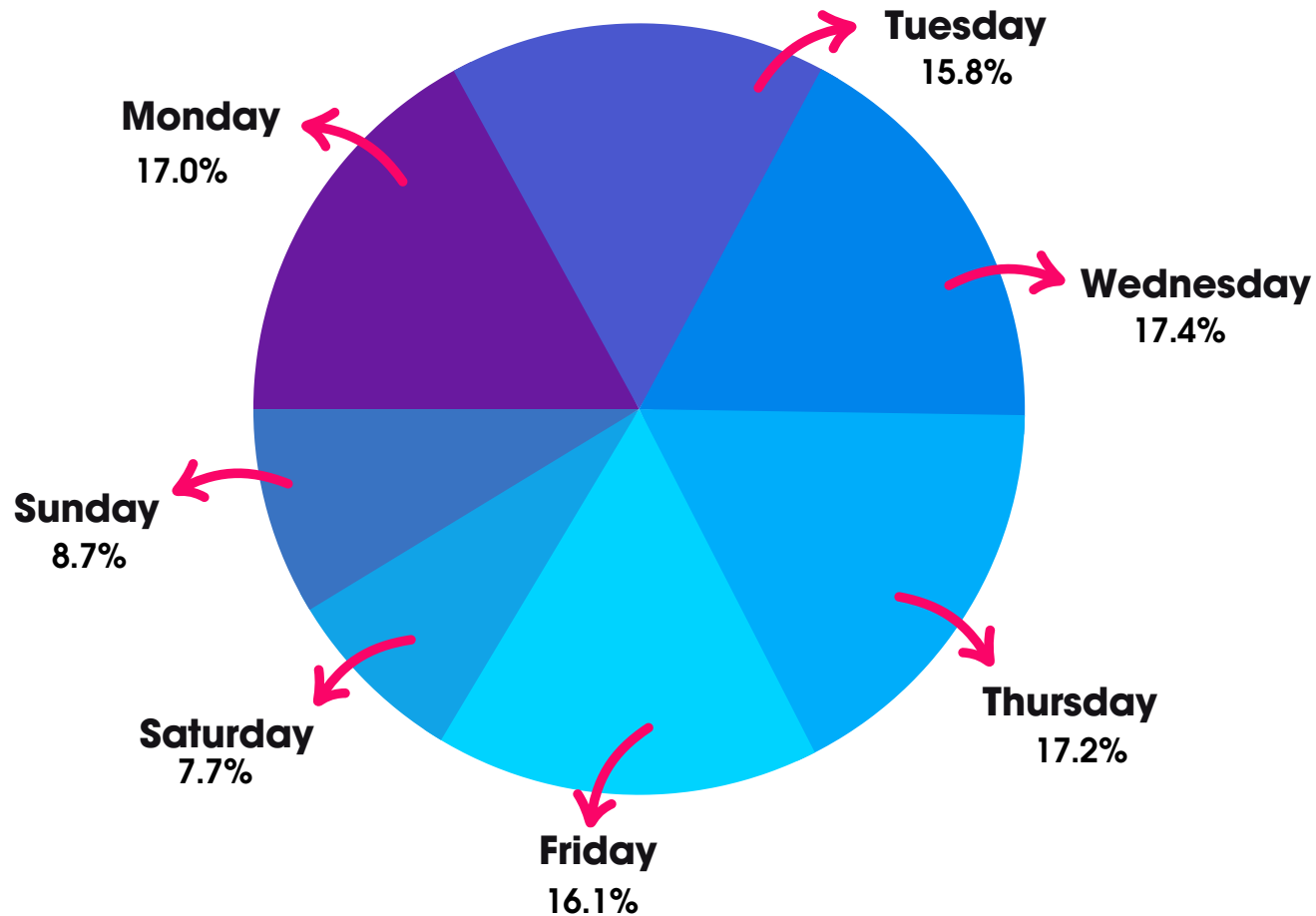
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Science podcast data.

Source: Podchaser 2022.

 **Total Science podcasts with at least one episode released on that day**

## Podcast Episode Release Days

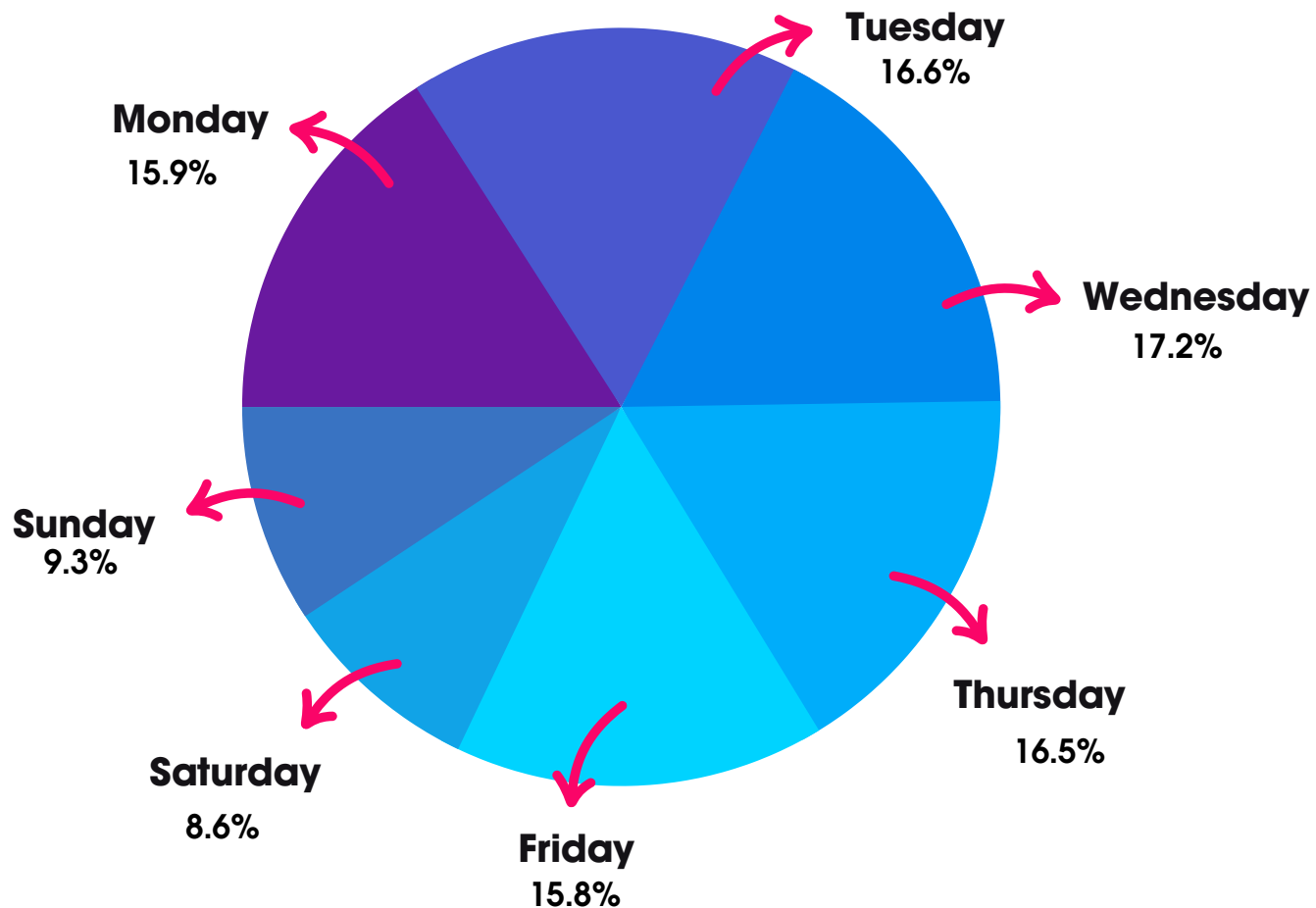
# SCIENCE



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.

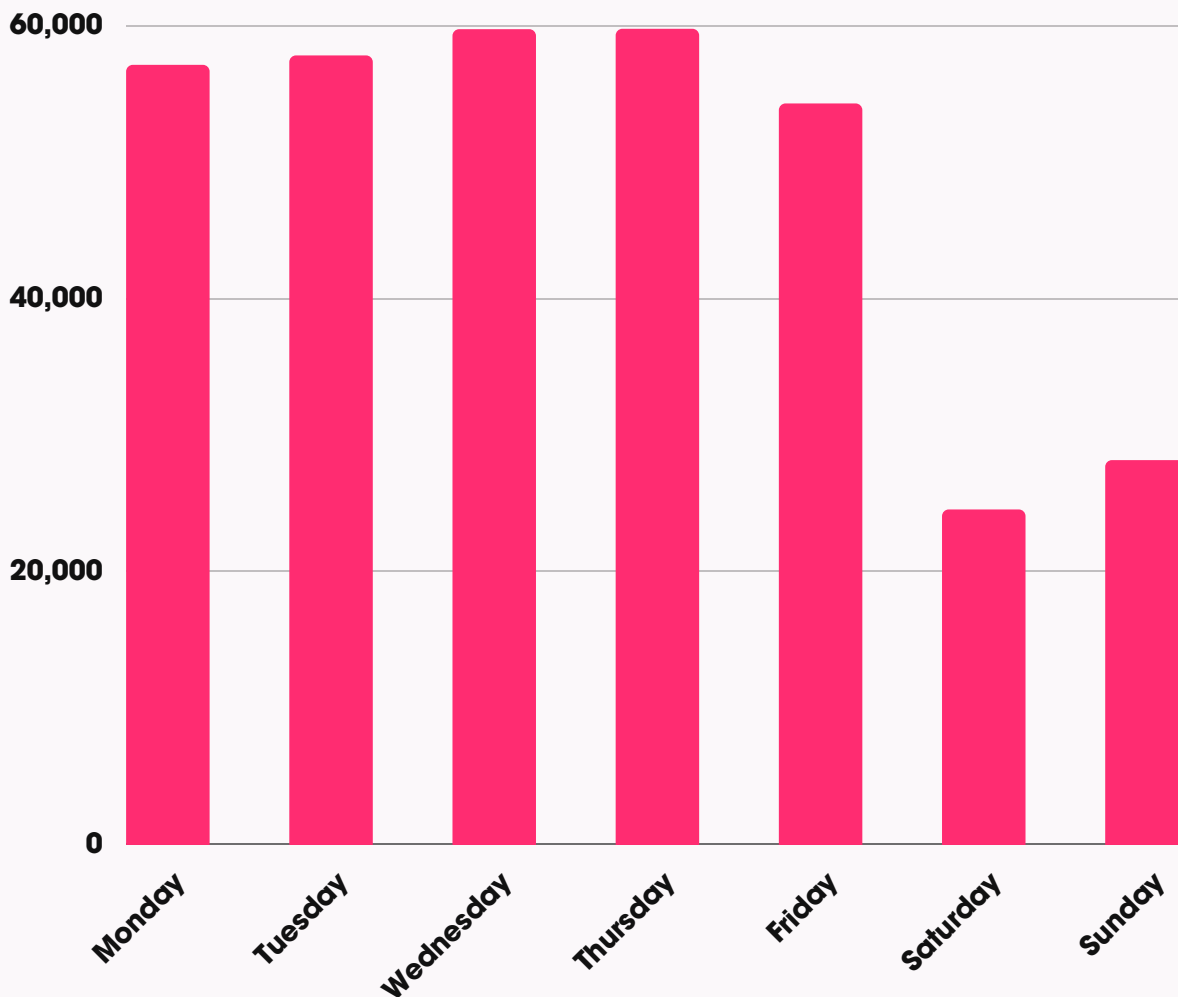
# Total Podcasts: 1 or More Episodes Published on That Day

## SCIENCE



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 **Society & Culture** podcasts publish episodes?



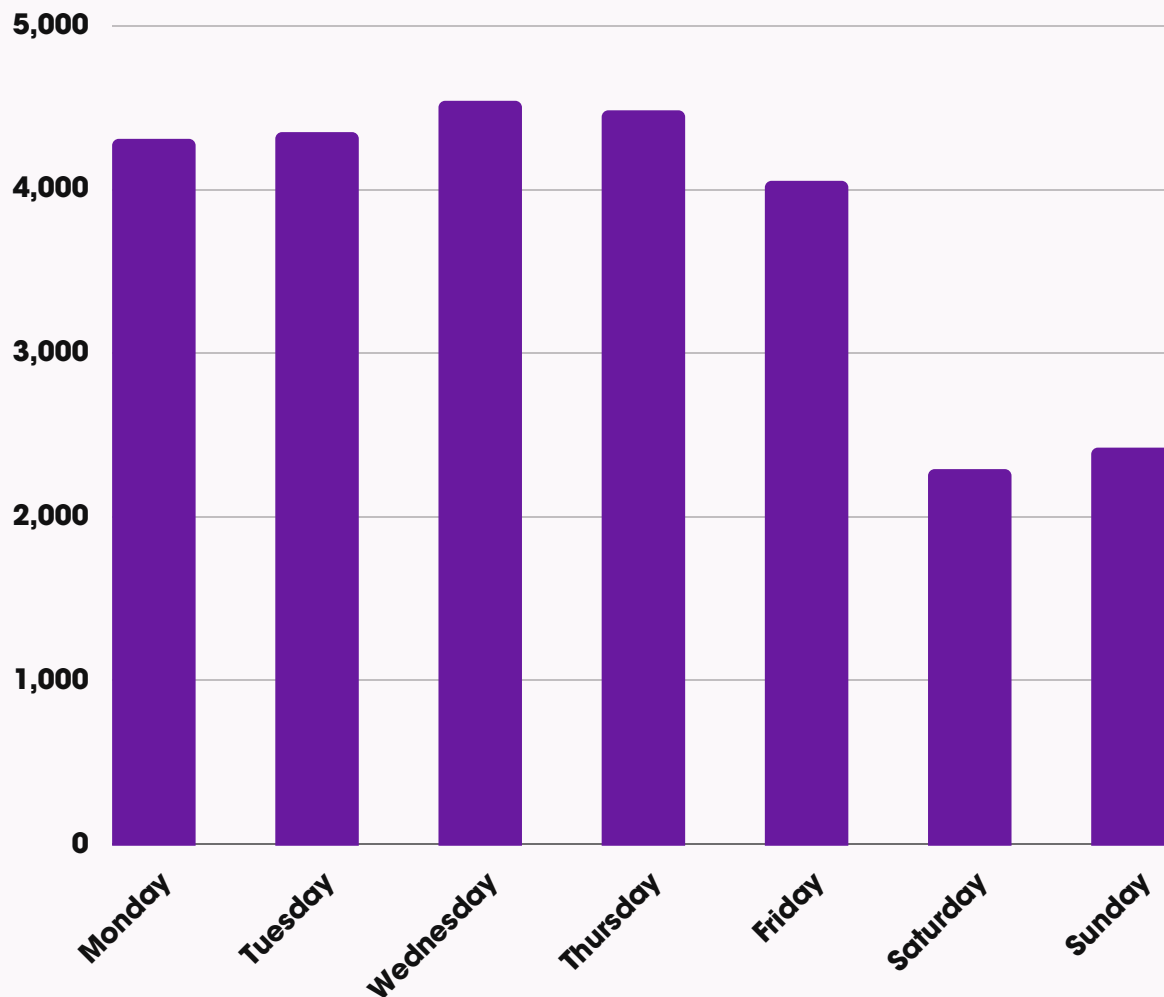
## Methodology

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

Source: Podchaser 2022.

 Total episodes released by Society & Culture podcasts


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



## Methodology

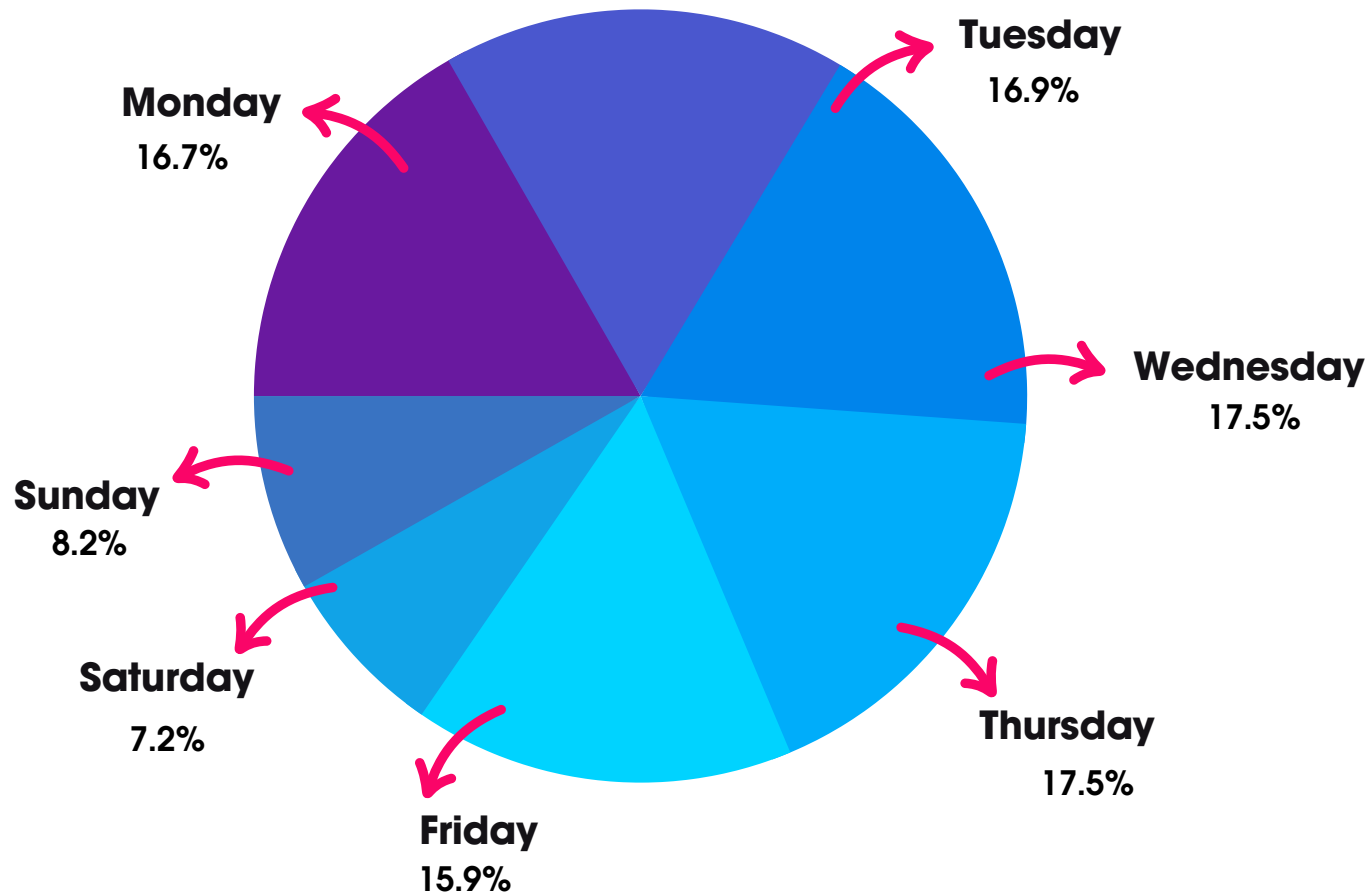
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Society & Culture podcast data.

Source: Podchaser 2022.

 **Total Society & Culture podcasts with at least one episode released on that day**

## Podcast Episode Release Days

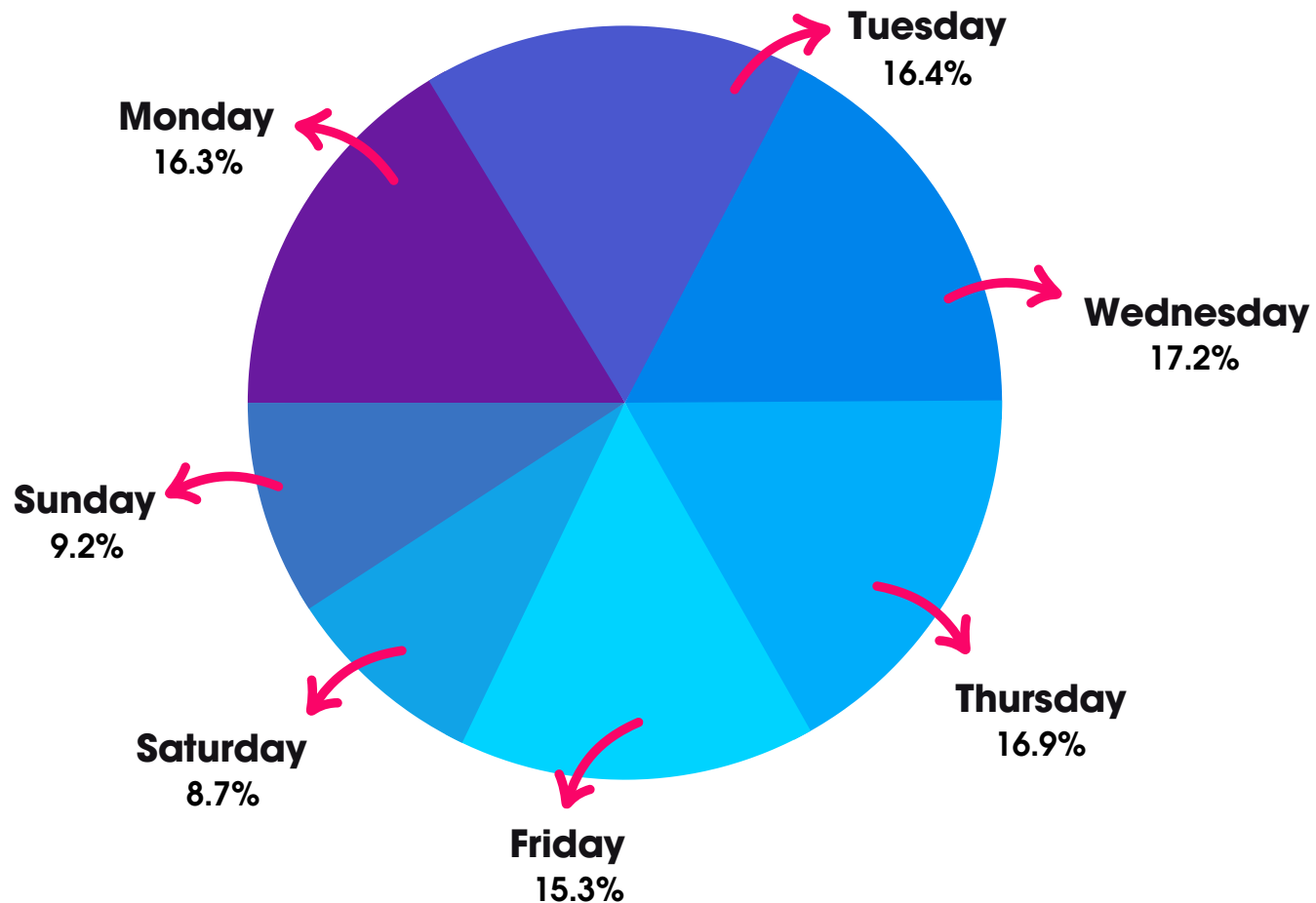
# SOCIETY & CULTURE



We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Society & Culture podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.

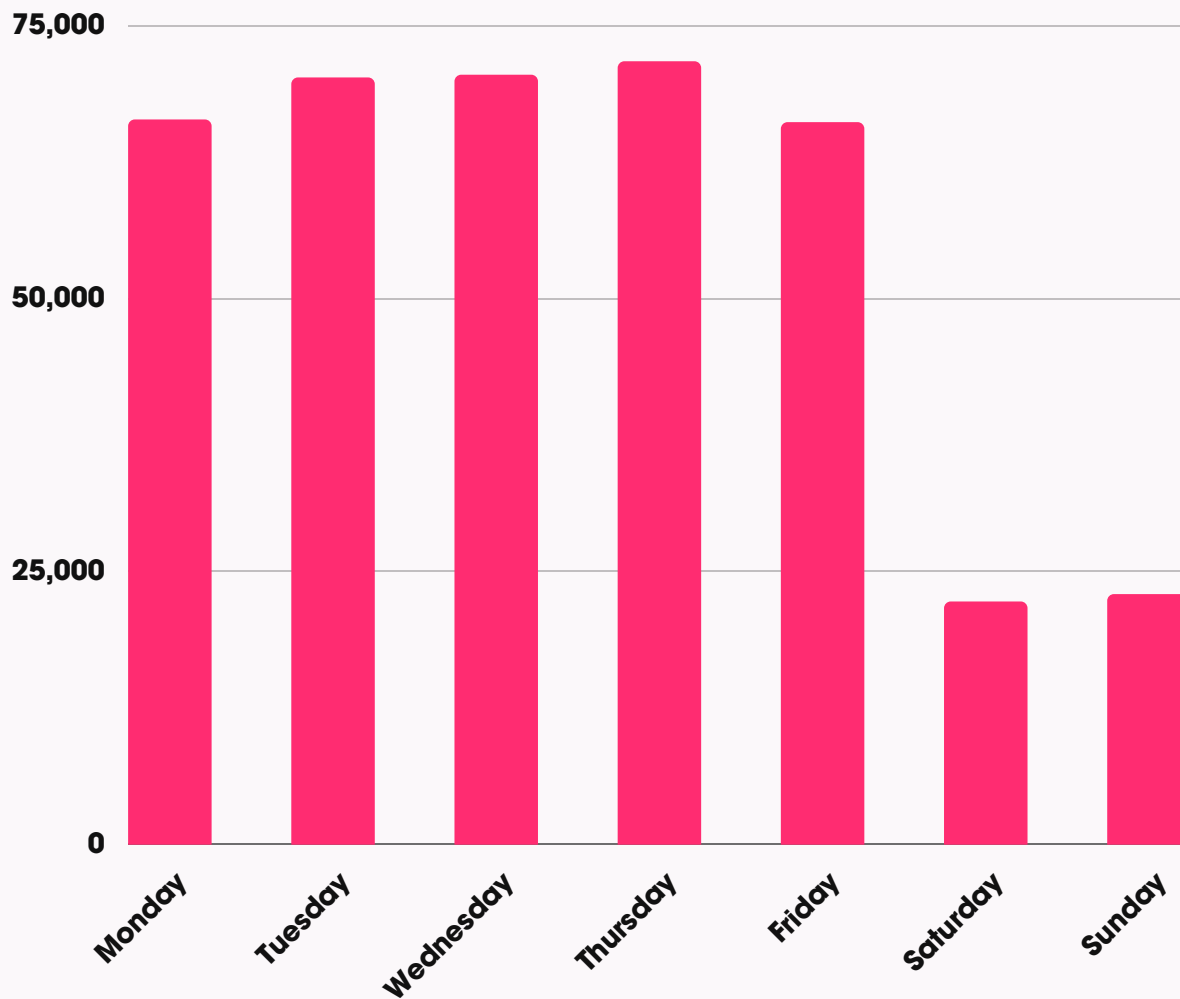
## Total Podcasts: 1 or More Episodes Released on That Day

# SOCIETY & CULTURE



We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Society & Culture podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.


# What day of the week do **Sports** podcasts publish episodes?



## Methodology

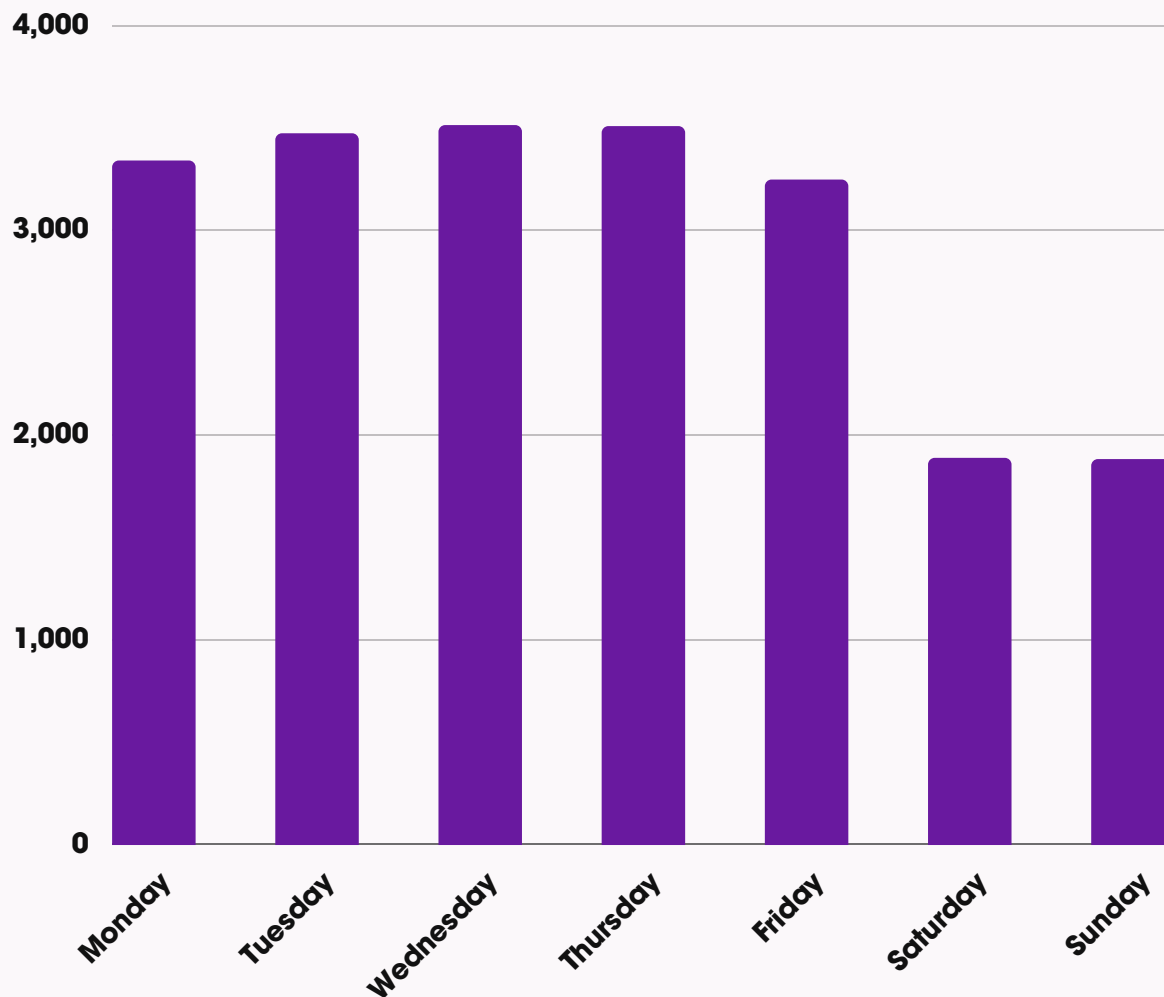
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Sports podcast data.

Source: Podchaser 2022.

 Total episodes released by Sports podcasts




# What day of the week do **Sports** podcasts publish episodes?



## Methodology

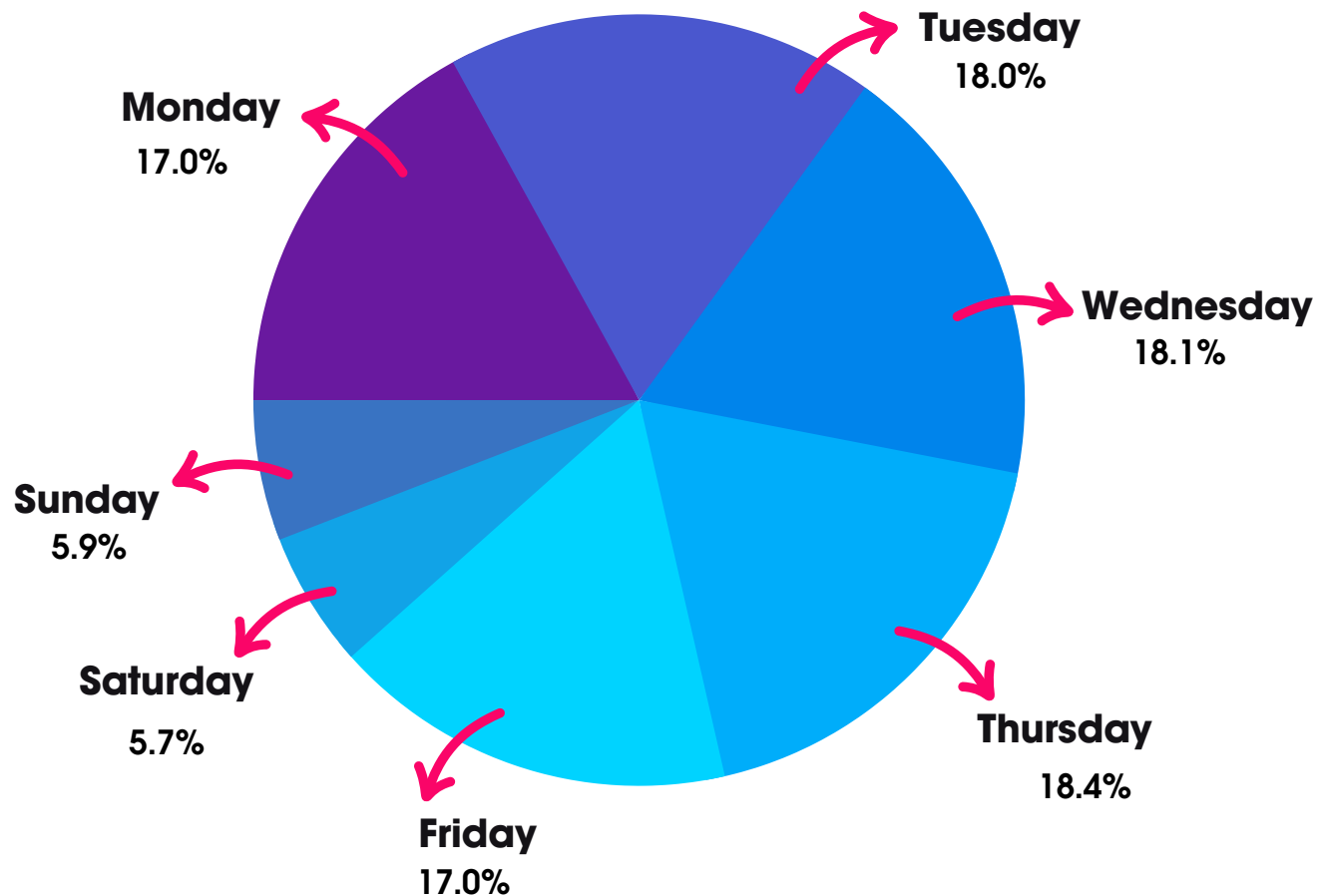
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Sports podcast data.

Source: Podchaser 2022.

 Total Sports podcasts with at least one episode released on that day

## Podcast Episode Release Days

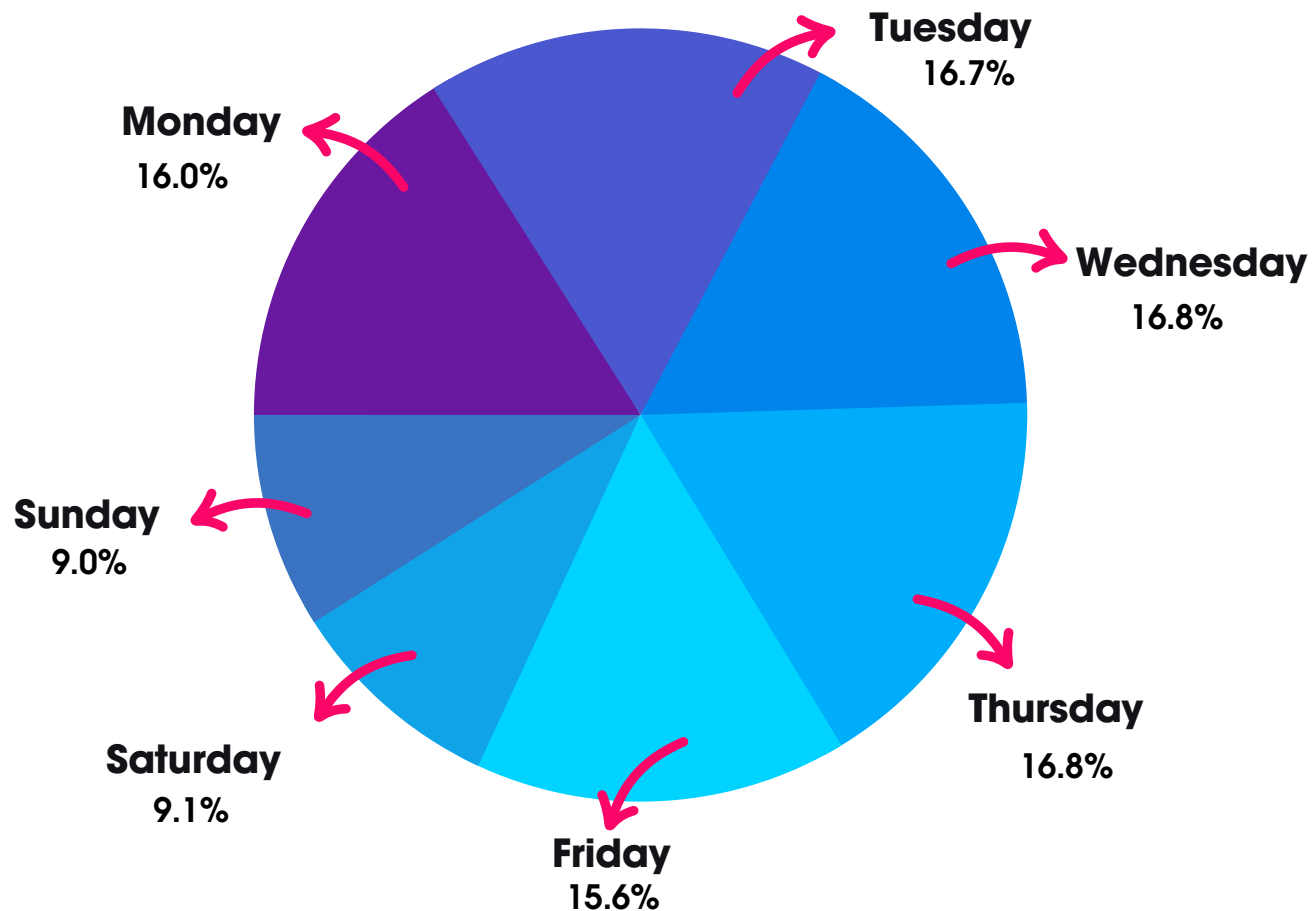
# SPORTS



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.

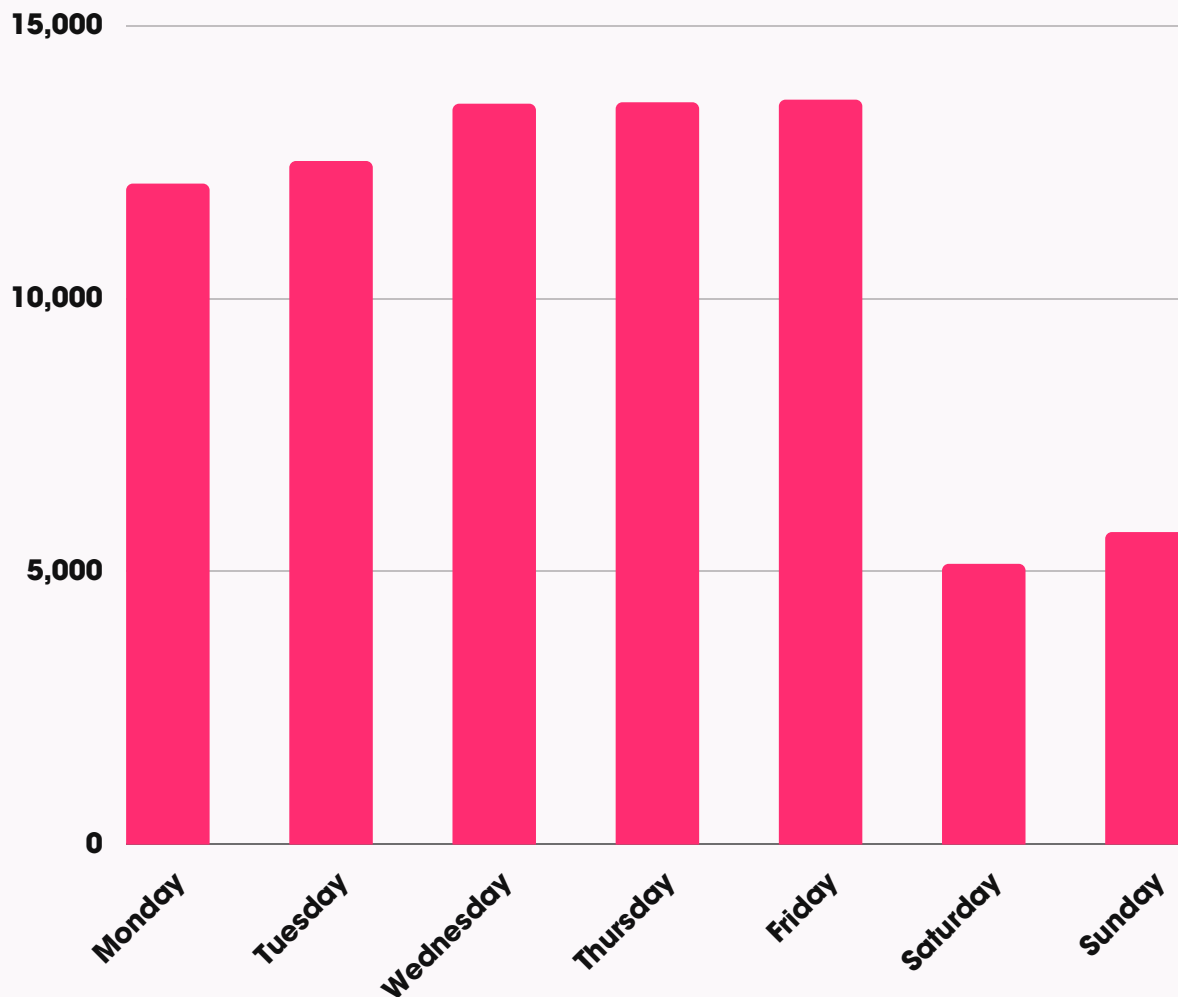
## Total Podcasts with 1+ Episodes Published on That Day

# SPORTS



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?



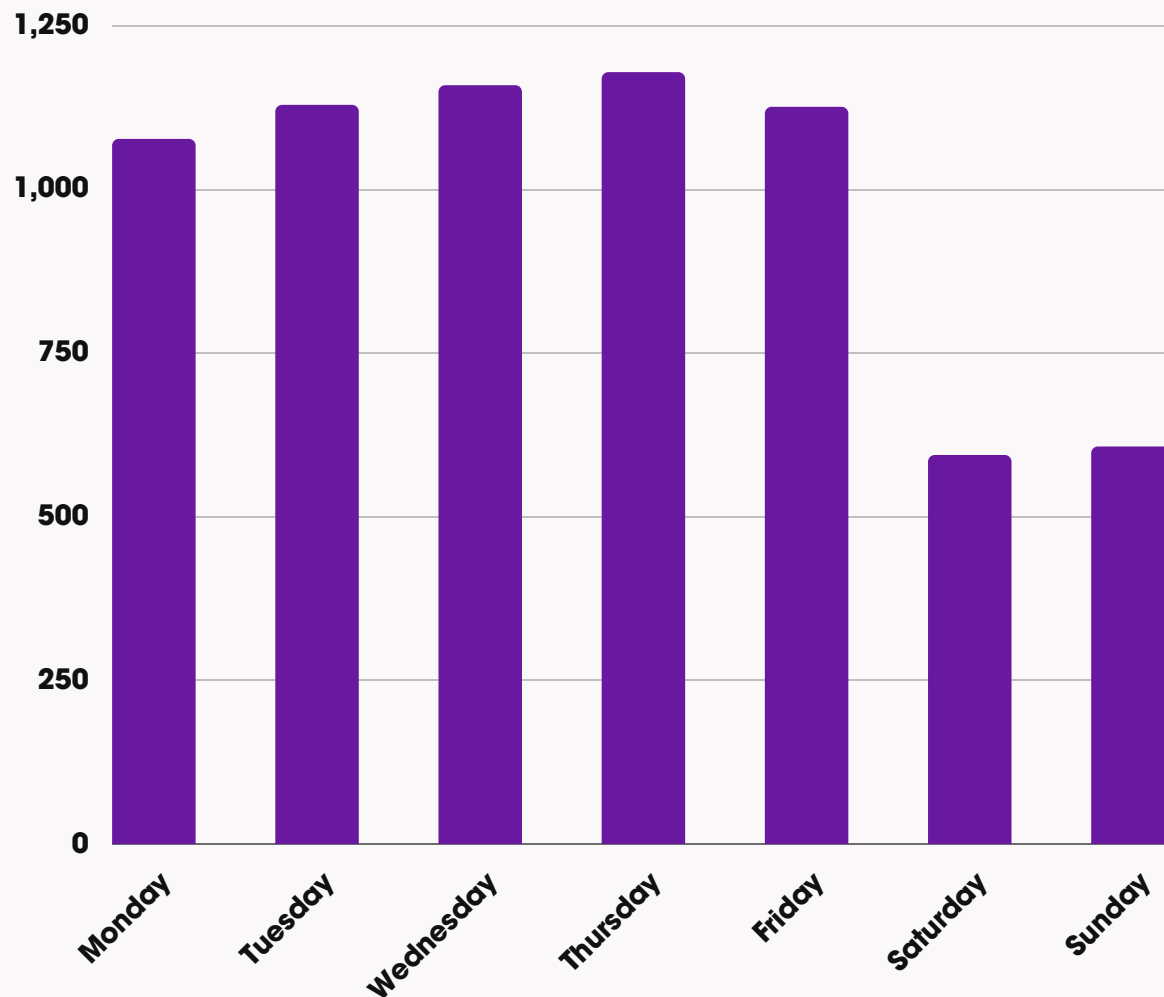
## Methodology

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.

 Total episodes released by Technology podcasts


# What day of the week do **Technology** podcasts publish episodes?



## Methodology

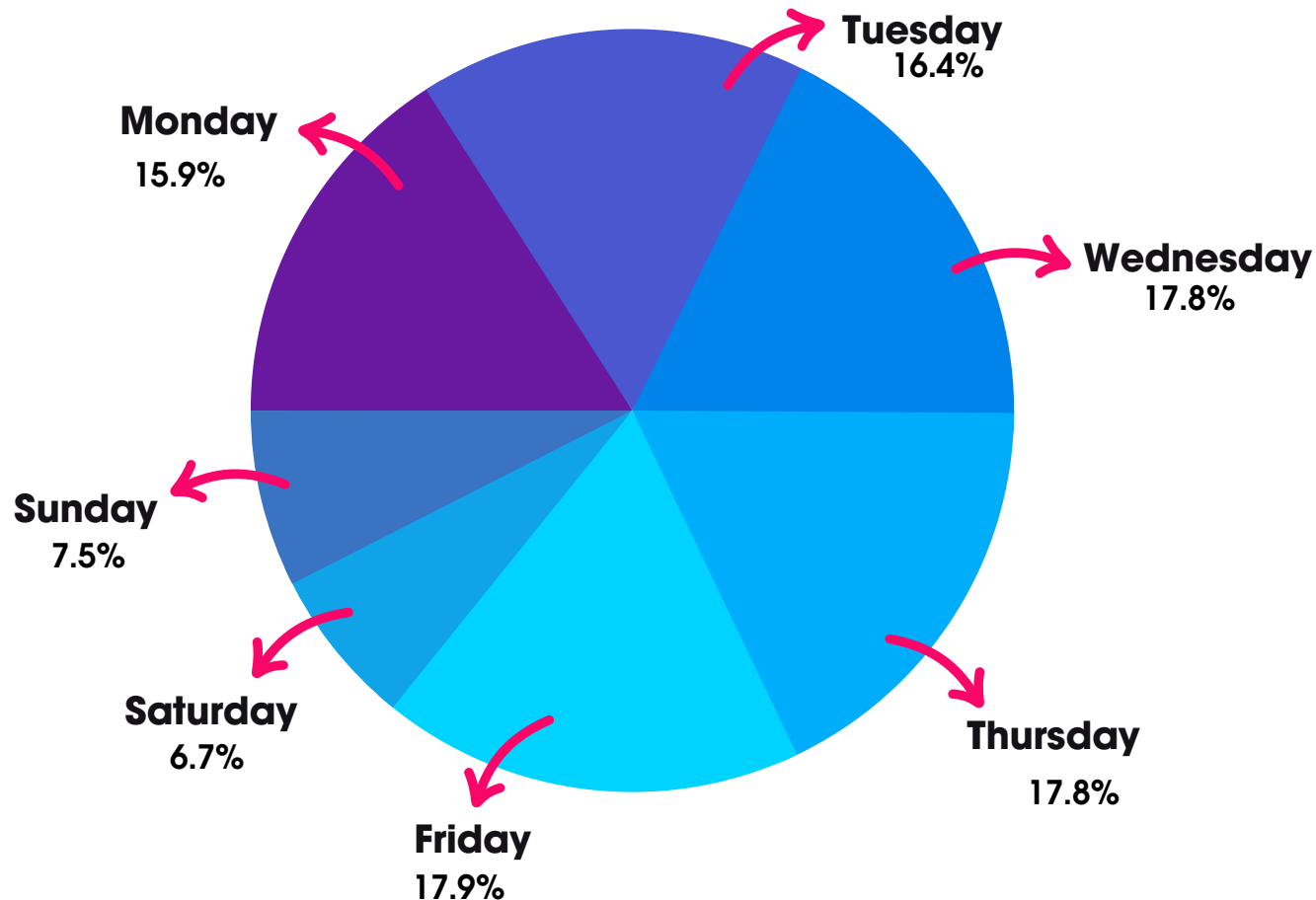
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows Technology podcast data.

Source: Podchaser 2022.

 **Total Technology podcasts with at least one episode released on that day**

## Podcast Episode Release Days

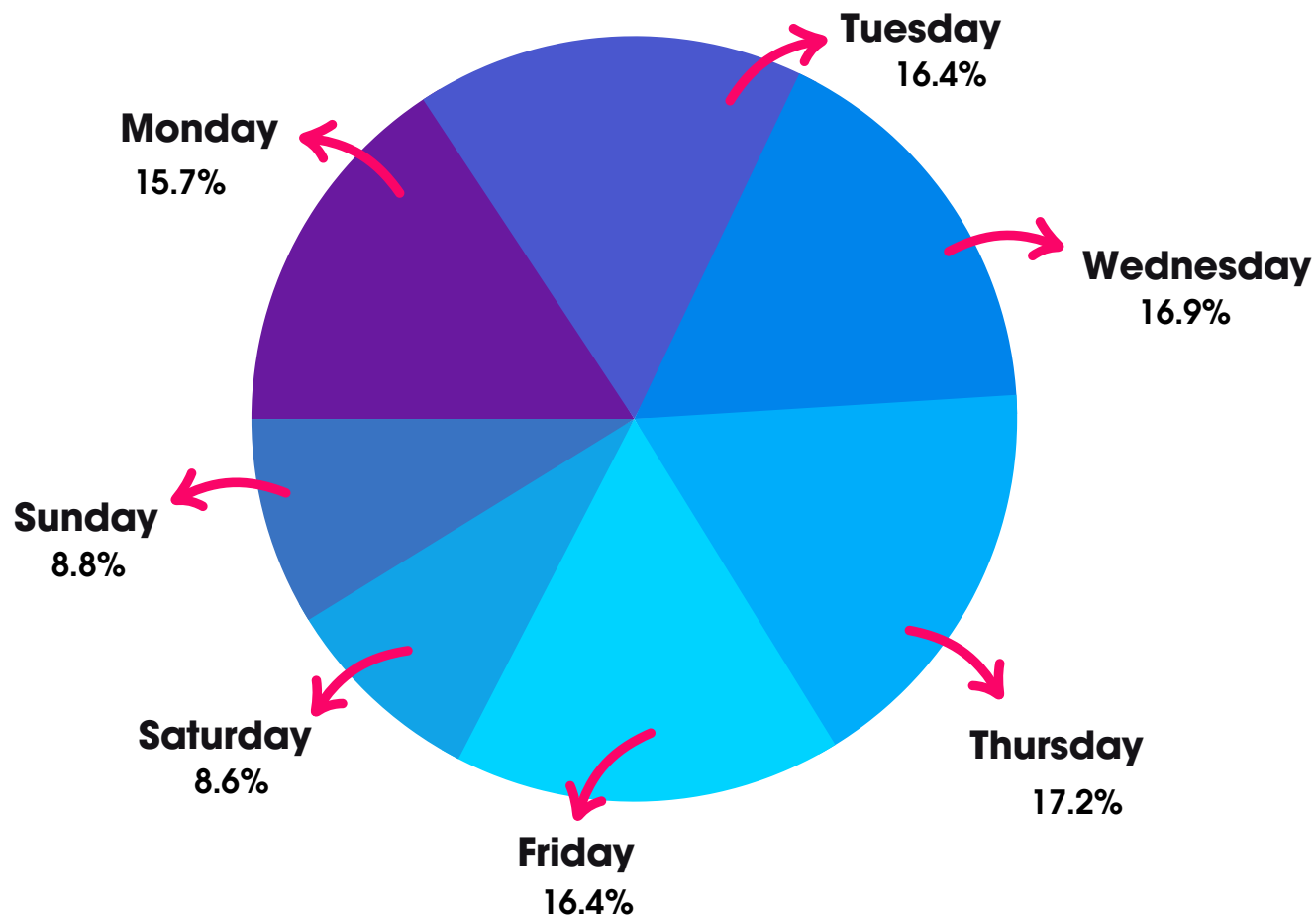
# TECHNOLOGY



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. Values rounded to the nearest tenth.

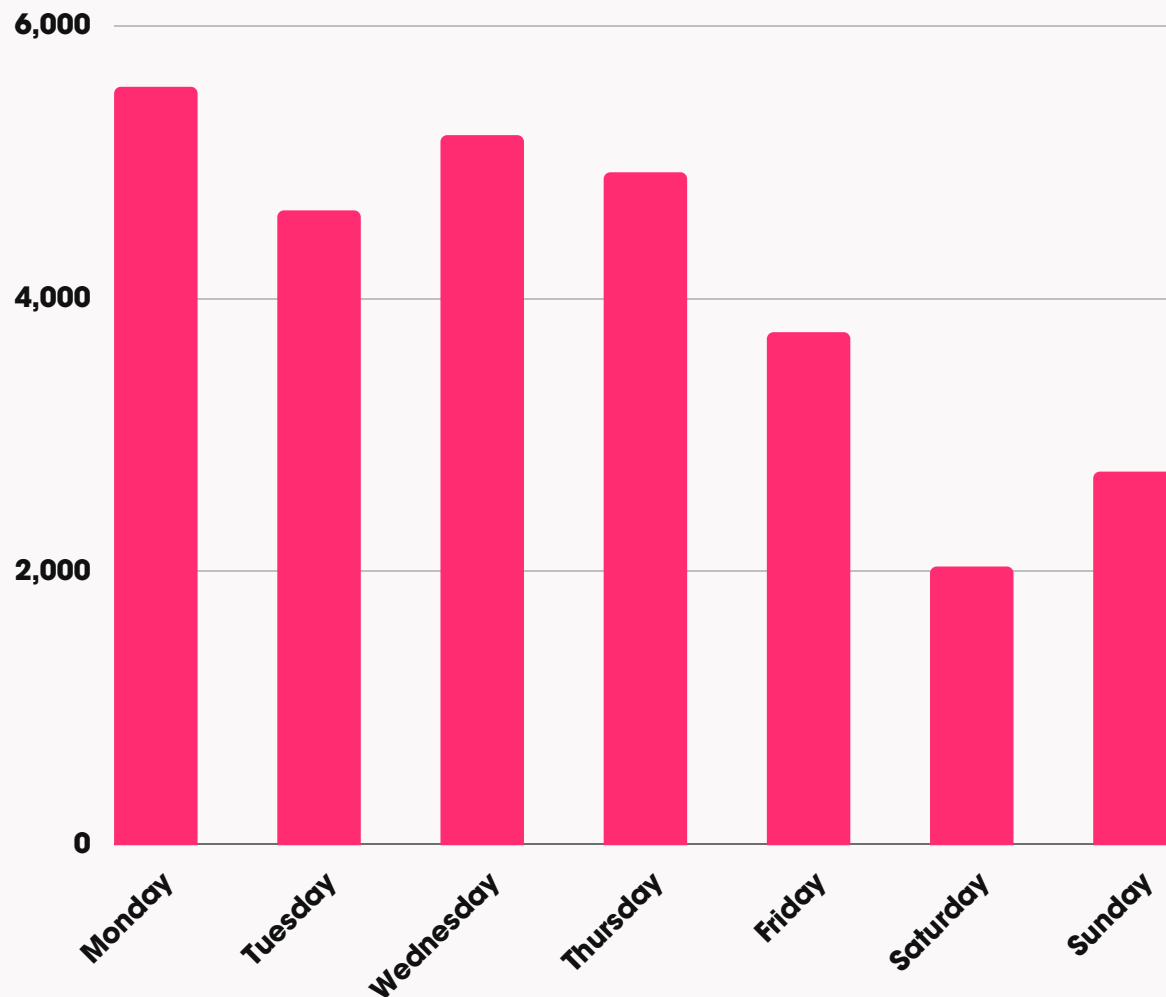
# Total Podcasts with 1+ Episodes Published on That Day

## TECHNOLOGY



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. Values rounded to the nearest tenth.

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



## Methodology

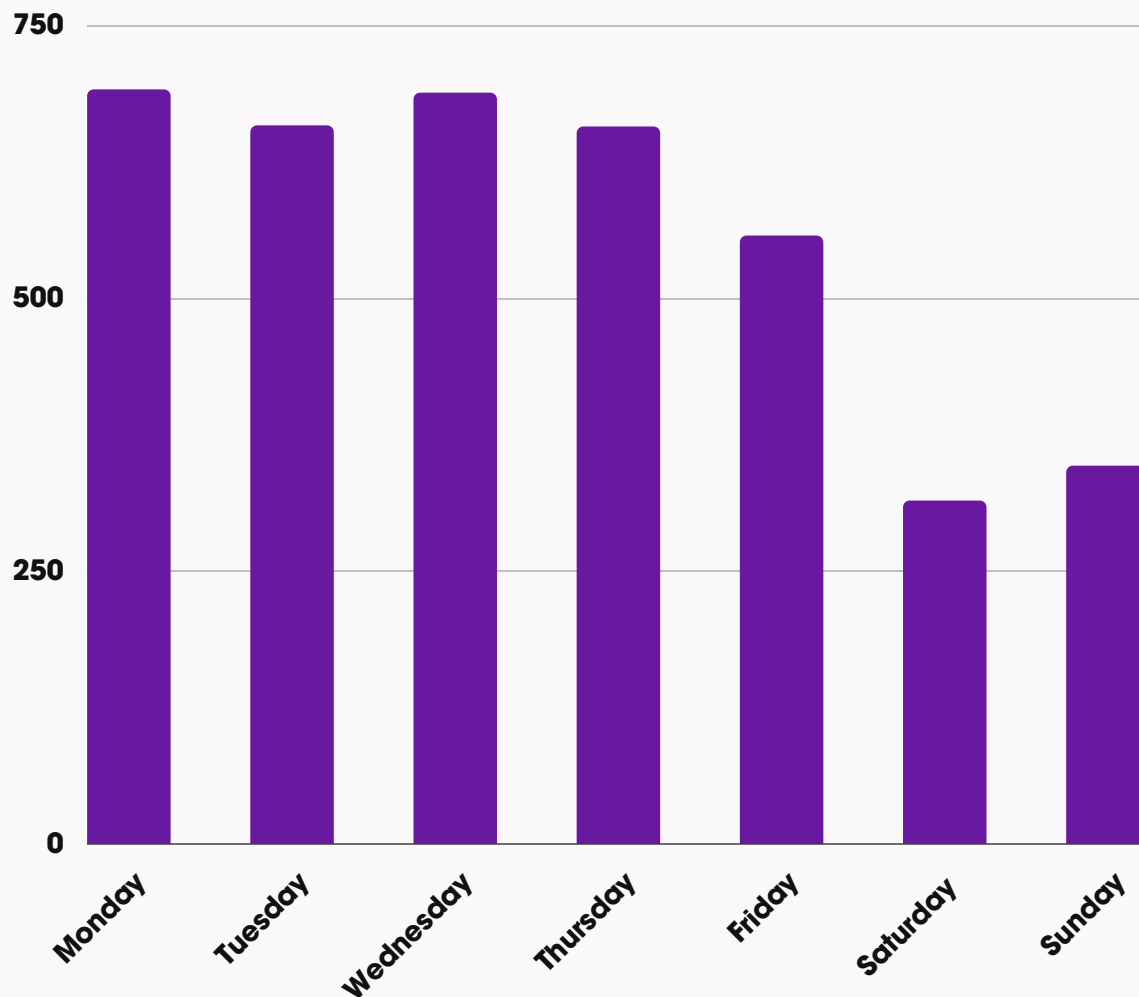
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows True Crime podcast data.

Source: Podchaser 2022.

 Total episodes released by True Crime podcasts




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



## Methodology

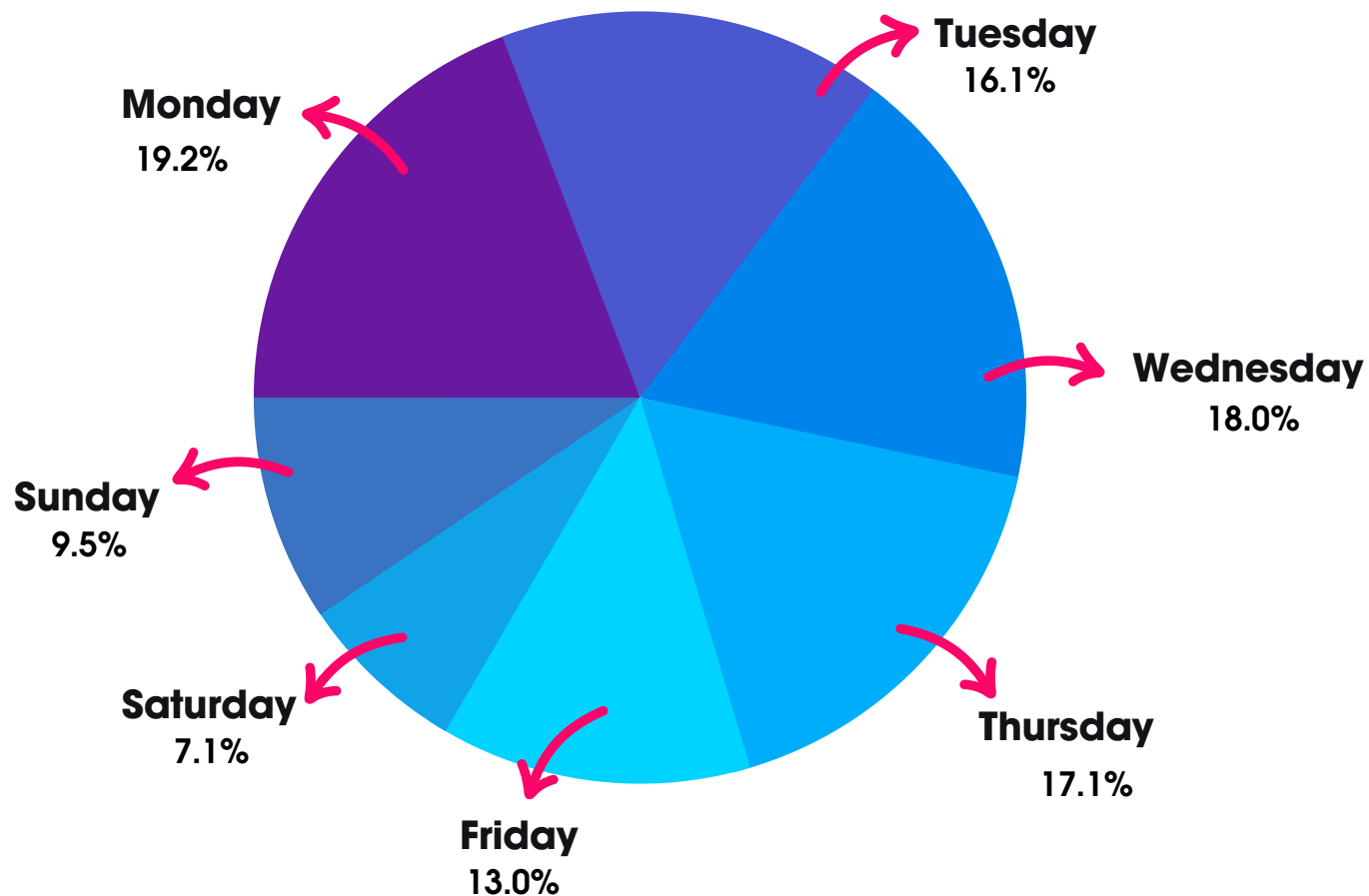
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows True Crime podcast data.

Source: Podchaser 2022.

 Total True Crime podcasts with at least one episode released on that day

## Podcast Episode Release Days

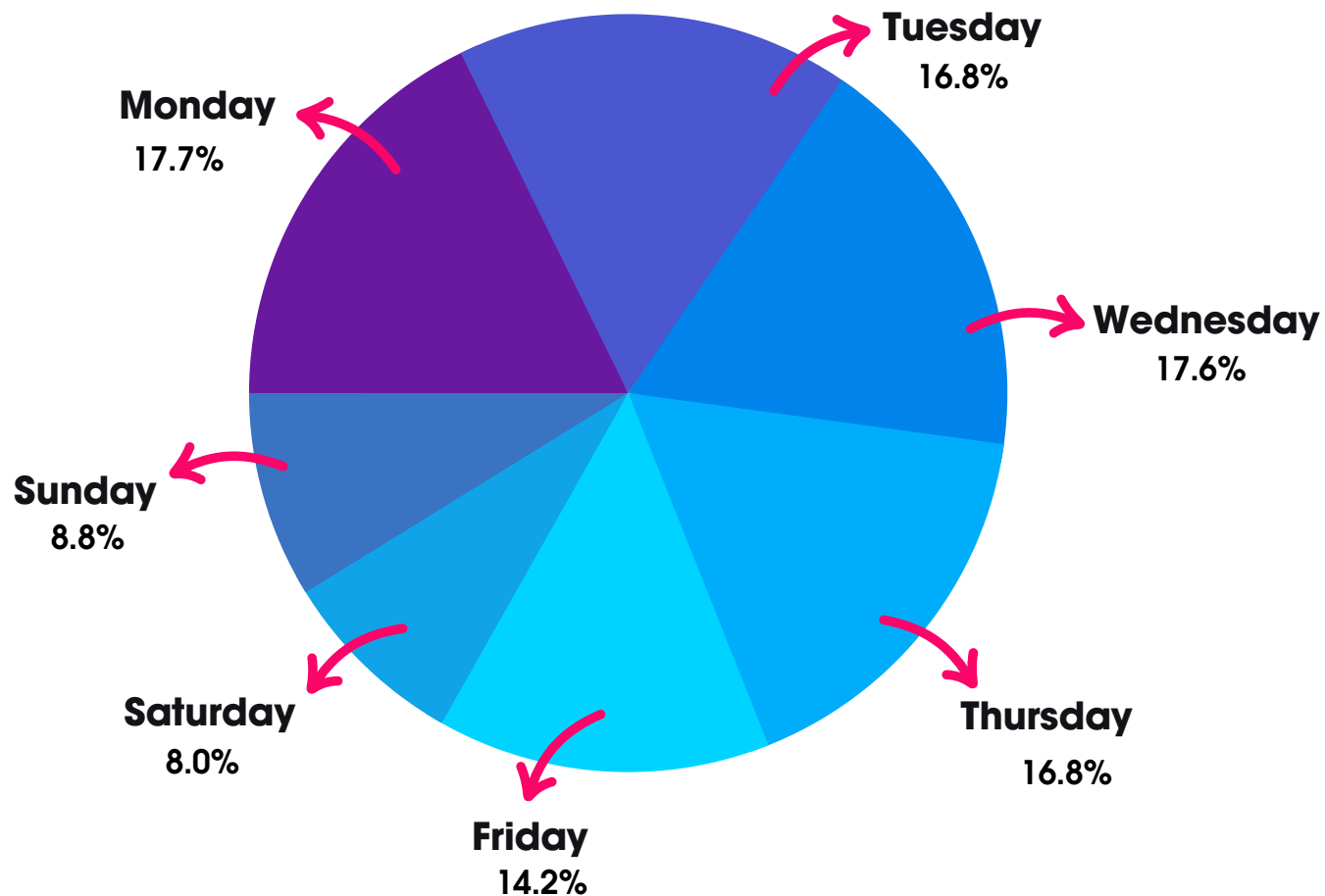
# TRUE CRIME



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. Values rounded to the nearest tenth.

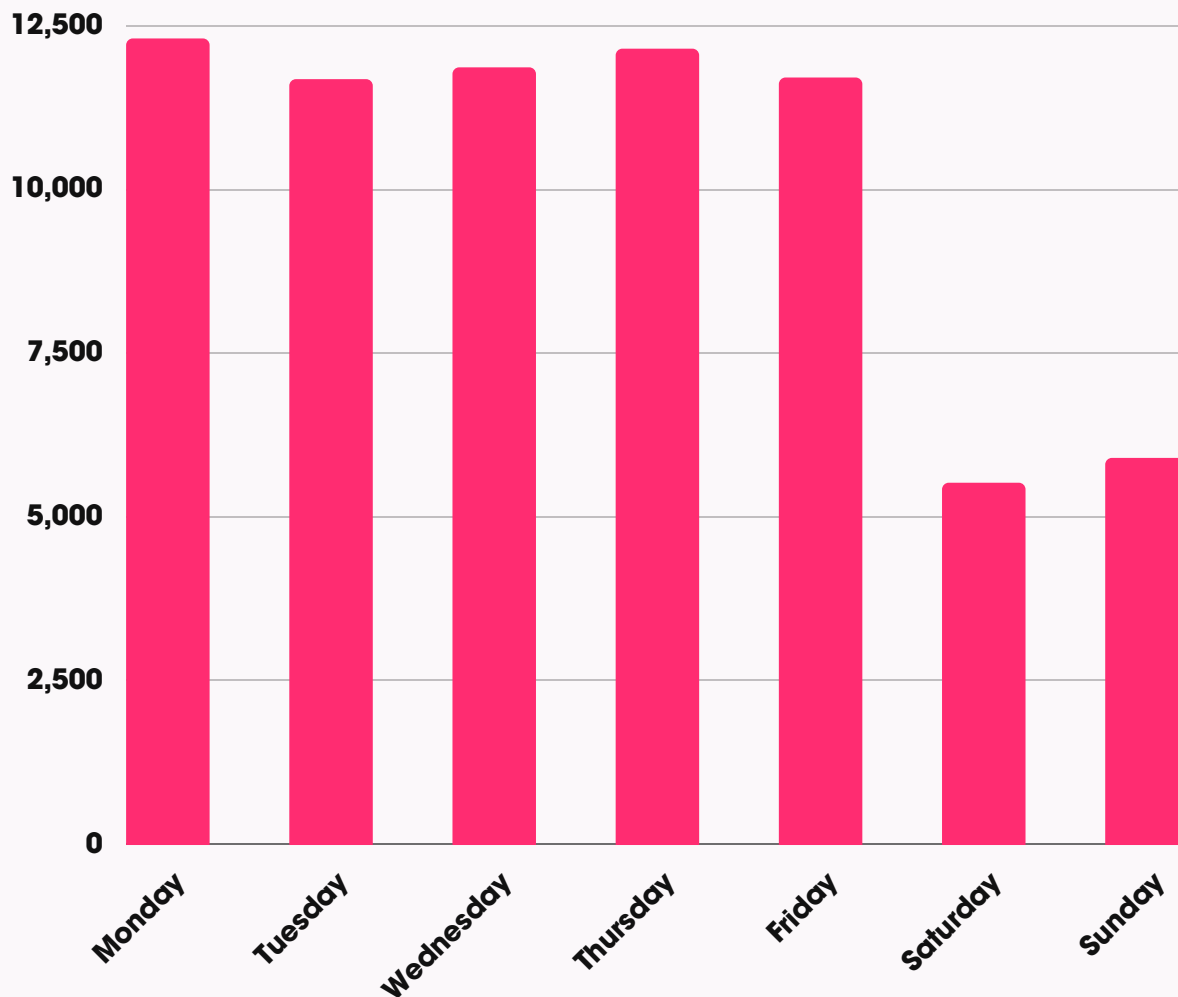
# Total Podcasts with 1+ Episodes Published on That Day

## TRUE CRIME



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. Values rounded to the nearest tenth.


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



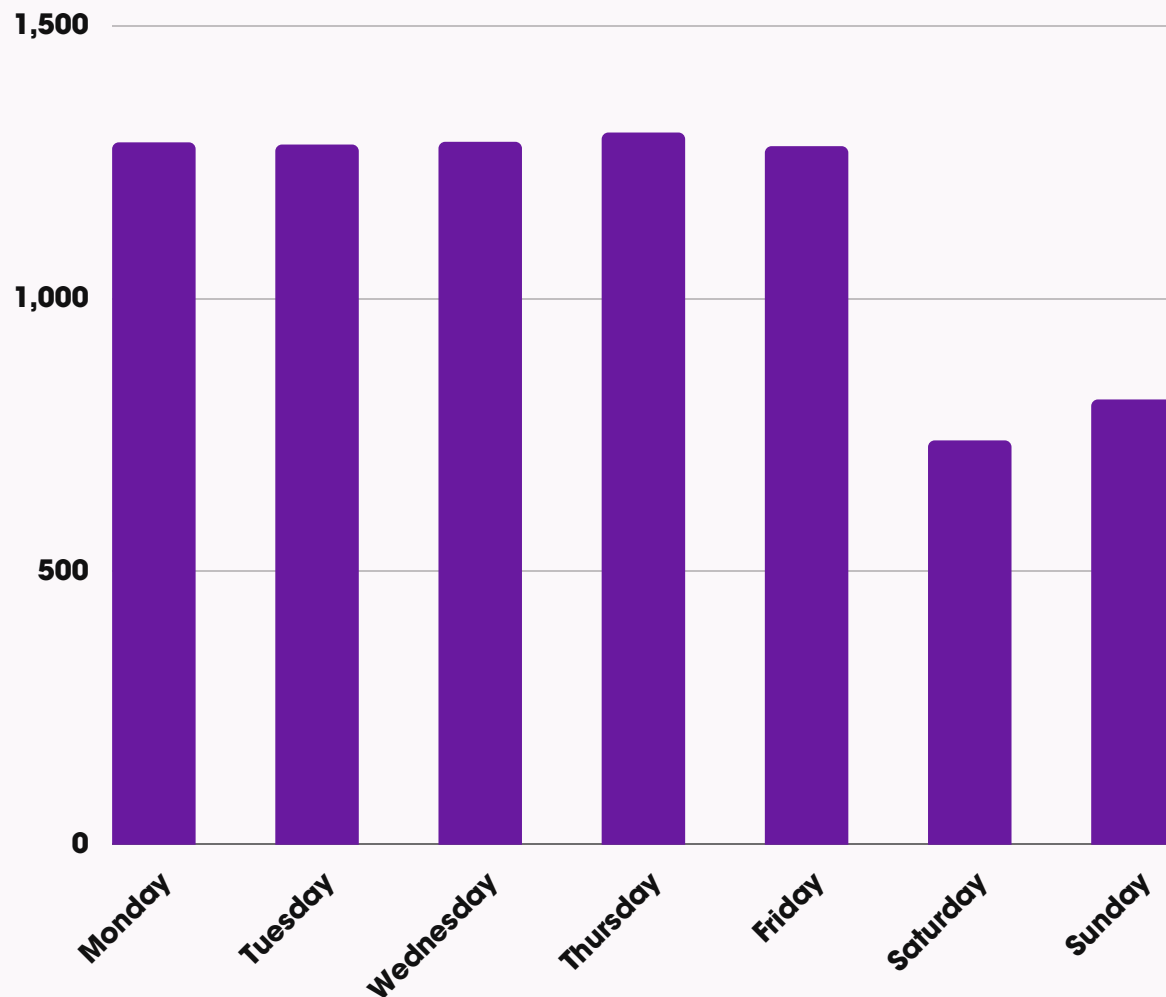
## Methodology

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.

 Total episodes released by TV & Film podcasts


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



## Methodology

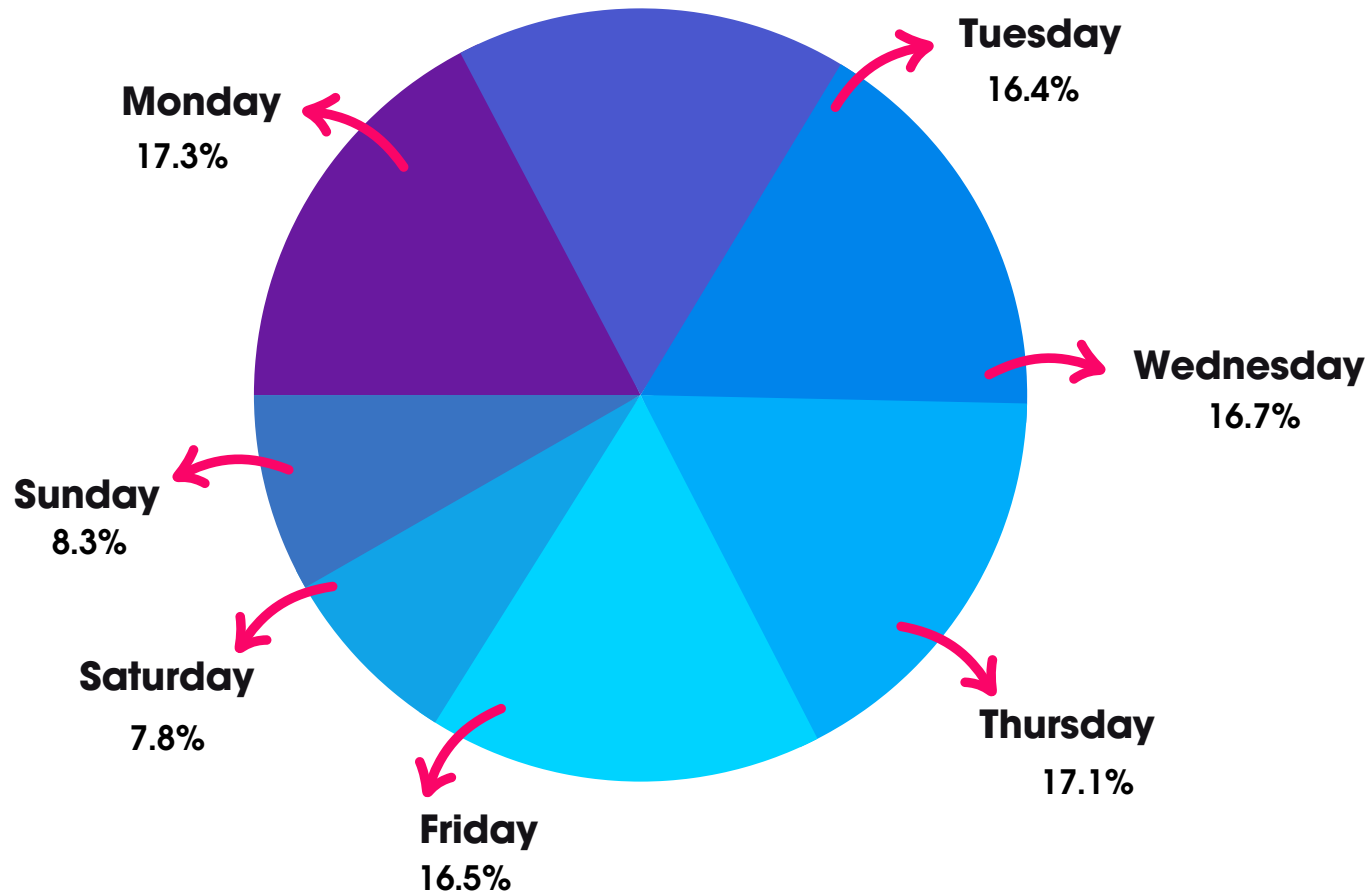
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows TV & Film podcast data.

Source: Podchaser 2022.

 Total TV & Film podcasts with at least one episode released on that day

# Podcast Episode Release Days

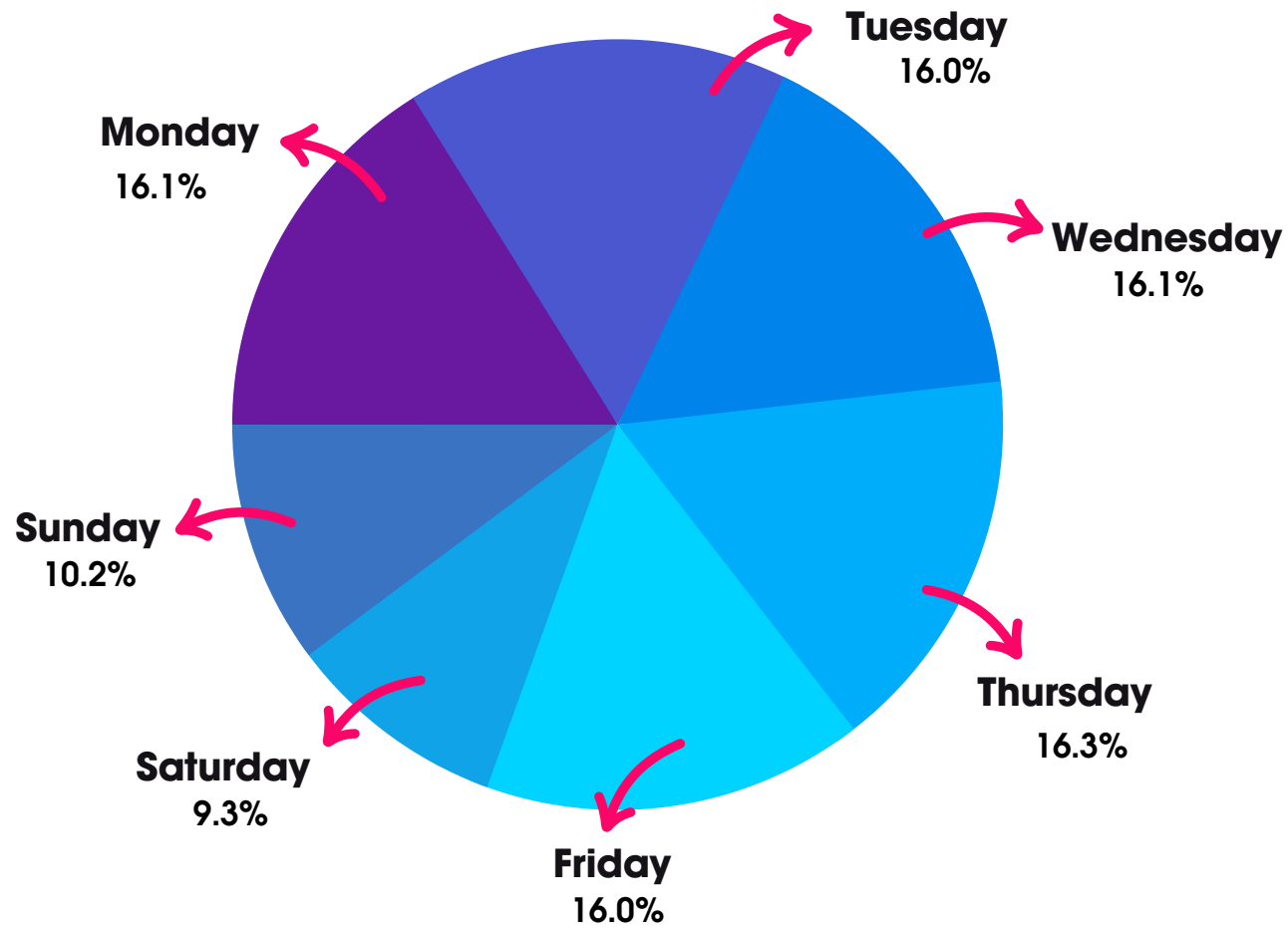
## TV & FILM



We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows TV & Film podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.

# Total Podcasts with 1+ Episodes Published on That Day

## TV & FILM



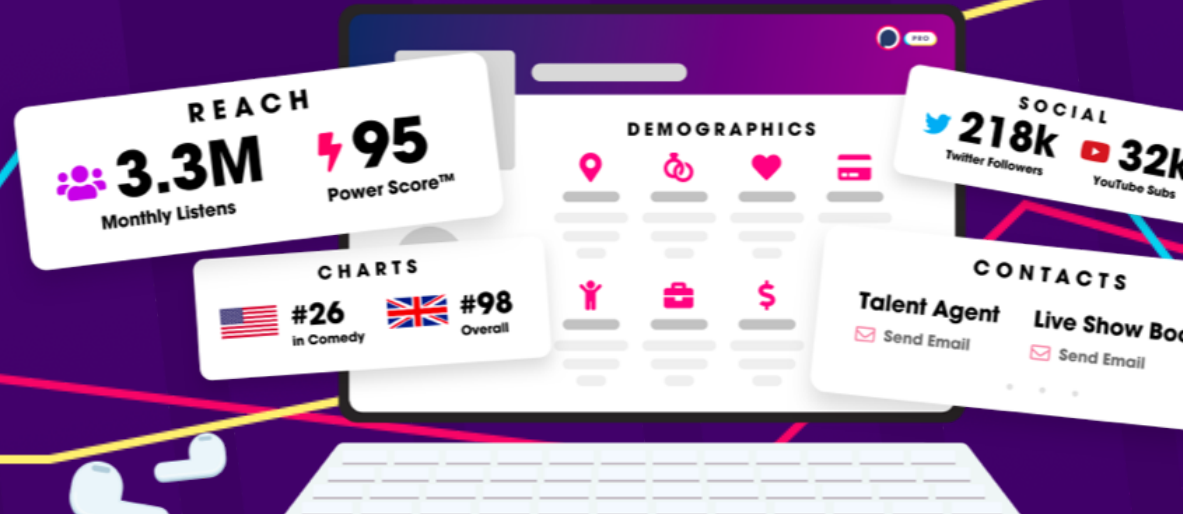
We looked at the top 50k podcasts over six months and segmented that group into categories. This visual shows TV & Film podcast data. Source: Podchaser 2022. Values rounded to the nearest tenth.



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