It is very simple – just 2 or 3 clicks and 5-10 seconds – to import and convert the word frequency data from the TXT file to an Excel file (if that's what you're more comfortable working with).

First, if there are any introductory / explanation lines at the top of the file before a line with "----", delete those lines, and then save the file:

<pre>(www.english-corpora.org/coca), which is the only corpus of English that is large, up-to-date, and is based on a wid * For complete word frequency data from COCA, please see https://www.wordfrequency.info * For instructions on using this file in Excel, see https://www.wordfrequency.info/freqTxtToExcel.pdf * For an explanation of the columns below, see https://www.wordfrequency.info/files.asp  Before converting file to Excel, remove the first eight lines, with the first line being the one starting wit!</pre>											wide ra vith "ra	le range ( n "rank'						
rank	lemma	a Po	3 f	req	perMil	%caps	%allC	ran	ge di	sp	blog	web	TVM	spok	fi	- n	lag	news
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15	do	v	8	186412	8244.70	0.10	0.01	415	641 0.	98	1052753	885912	234942	22 1472	318 95	3133 5	94683	55788
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35	she	P	3	188078	3210.48	0.32	0.00	206	627 0.	93	181410	217759	483074	3547	03 12	83180 2	85458	29558
rank	lemma	PoS	freq	perMil	%caps	%allC	range	disp	blog	web	TVM	spok	fic	mag	news	acad	blogPM	webP
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35	she	p	318807	8 3210.4	8 0.32	0.00	0.43	0.93	181410	217759	483074	354703	1283180	285458	295580	87513	1460.00	1693
45	about	i	242770	3 2444.7	6 0.02	0.01	0.72	0.98	360952	299486	409194	484896	248131	235278	231251	158515	2904.96	2328
55	there	e	198017	3 1994.0	9 0.36	0.00	0.69	0.98	277871	253845	277096	424023	215316	190643	191696	149683	2236.32	1973
65	him	р	171720	9 1729.2	7 0.02	0.01	0.44	0.96	130755	179631	387805	205962	484746	136754	147857	43738	1052.32	1396
75	could	v	152979	5 1540.5	4 0.03	0.00	0.61	0.98	172936	166121	247799	180303	333318	164533	152742	112043	1391.80	1291
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In Excel, File / Open. Make sure you change file type to "All Files" (default is Excel files), and select the TXT file.

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In the next steps, select "delimited" and "tab" (delimited), and then "Finish". To import all of the column names, make sure "My data has headers" is selected.



Your data is now in Excel. You can Save As the file (as an Excel file). You might also want to select and color the top row (with the column names) and View / Freeze Panes / Freeze Top Row to better scroll through the entries.

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8		65 him	р	1717209	1729.27	0.02	0.01	0.44	0.96	130755	179631	387805	205962	484746	136754	147857	43738	1052.32
9		75 could	v	1529795	1540.54	0.03	0	0.61	0.98	172936	166121	247799	180303	333318	164533	152742	112043	1391.8

This takes just 5-10 seconds, and now anything that you could do with a downloaded Excel file, you can do with this file.