The following is pseudocode for a subroutine to implement the decomposition:

```
SUB Decompose (a, n)
    DO k = 1, n - 1
        DO i = k + 1, n
            factor = a_{i,k} / a_{k,k}
            a_{i,k} = factor
            DO j = k + 1, n
                a_{i,j} = a_{i,j} - factor * a_{k,j}
            END DO
        END DO
    END DO
END Decompose
```
The following is pseudocode for a subroutine to implement both substitution

```plaintext
SUB Substitute (a, n, b, x)
  'forward substitution
  DO i = 2, n
    sum = b_i
    FOR j = 1, i - 1
      sum = sum - a_i,j * b_j
    END DO
    b_i = sum
  END DO
  'back substitution
  x_n = b_n/a_n,n
  DO i = n - 1, 1, -1
    sum = 0
    DO j = i + 1, n
      sum = sum + a_i,j * x_j
    END DO
    x_i = (b_i - sum)/a_i,i
  END DO
END Substitute
```