create or replace procedure GetWorkoutID ( cid in NUMBER, cur out sys\_refcursor)

as

begin

open cur for

select w.workout\_id

from workout w

where w.coach\_id = cid;

end;

create or replace procedure viewduration ( wid in NUMBER , durationn out number )

as

begin

select duration

into durationn

from workout

where workout\_id = wid;

end;